

SEVEN DAYS

ADDICTION FRICTION

Does VT really
have a drug crisis?
PAGE 14



HEALTH AND FITNESS ISSUE

MARTIAL MOXIE

PAGE 32

VT women learn self-defense

MIDDAY PLAY

PAGE 36

Grown-ups rediscover Recess

FROM FAT TO FIT

PAGE 40

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A Case for Compassion



Beth Ann Skarlin, the wife of a man fatally shot by police two months ago, explains the Burlington City Council Monday night to reveal more insurance for future victims of the tragedy of Seven Days After the Police responded to the GPT Message blog.

A police officer shot Wayne Skarlin on November 6 in response to a call from his parents. She said the 49-year-old was acting irrationally at first. He was shot in his home. Police say that Skarlin, who struggled with schizophrenia, charged at two officers with a shovel before he was shot.

Both officers were cleared of criminal wrongdoing. His husband was a very caring, gentle, loving, successful man. He was a hardworking father. Skarlin Skarlin told the council. "We're here to be changed."

County on the verge of tears but maintaining her composure throughout, Skarlin told council members. "Thinking needs to be improved for police officers on how to handle mental health issues. There's need for a change in every sense. Every officer should have a laser shield before popping a pellet gun—anything, that's not better."

When she returned to her son, Burlington Police Chief Mike Schilling brought her a cup of water. Later

he sat next to her, holding on to her hand, and she was hugged before she stepped out of the room.

Schilling and Beth Ann Skarlin, it turns out, grew up close to one another in the North End. They both came to the Monday meeting to support a resolution adopted by City Councilor Dave Harrison (D-Ward 4) that calls for a review of police procedures for dealing with mentally ill people.

Councilors voted for a resolution of violence after Skarlin's father and they later passed the resolution unanimously.

During the meeting, Schilling described a belief system of mental health systems. "We have folks living in our emergency departments for not just one night," he said, adding "too heavily on local law enforcement."

The Burlington police chief has said that while all officers carry pepper spray, it wouldn't have been a possible alternative in Skarlin's case, because the man was threatening officers in a deadly way they needed to respond to.

Schilling said he recognizes that police presence can be counterproductive in these scenarios and that his department is continuing to work with the House of Commons to make his officers' involvement in situations that don't involve "imminent risk."

facing facts

THE STATE WE'VE IN
 One Peter Skarlin's update about speech he made of (and of) national elections. One place you have to live in for Vermont.

ONE MORE FOR NARR

Burlington will take one more crack at the Vermont State House. The Vermont State House will take one more crack at the Vermont State House.

THE WINTER SAFETY

The Vermont State House will take one more crack at the Vermont State House. The Vermont State House will take one more crack at the Vermont State House.

A HOME-SWEET HOME

The Vermont State House will take one more crack at the Vermont State House. The Vermont State House will take one more crack at the Vermont State House.

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VerMint
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TOP FIVE

1. **"Burlington Remembers Andy & Dag"**
 by Ben Baker. The Vermont State House will take one more crack at the Vermont State House.
2. **"An Inmate's Wife's Son Is Bringing Manufacturing Jobs Back to Vermont"**
 by Ben Baker. Vermont's State House will take one more crack at the Vermont State House.
3. **"State House: 'VerMint' Will Be Reborn With New Brand"**
 by Ben Baker. The Vermont State House will take one more crack at the Vermont State House.
4. **"Vermont's State House Will Take One More Crack at the Vermont State House"**
 by Ben Baker. The Vermont State House will take one more crack at the Vermont State House.
5. **"Superhero's Son: Former Vermont State House Will Take One More Crack at the Vermont State House"**
 by Ben Baker. The Vermont State House will take one more crack at the Vermont State House.

tweet of the week:

@BETHANNISKARLIN
 We have been thinking about it for a long time. We're going to be in the state house. We're going to be in the state house. We're going to be in the state house.

Page 12

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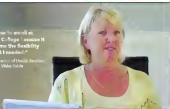
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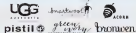
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SCAN THIS PAGE
WITH LARA
SEE PAGE 9

the MAGNIFICENT

7

MUST SEE, MUST DO THIS WEEK
COMPILED BY COURTNEY COFF

1

THURSDAY 10 MELTING POT

When **Red Beret** (pictured) performs, the eight-piece Brooklyn-based band brings a multitude of musical styles and genres to the stage. Founded in 2009 by choir player **Samuel Jain**, the group has risen to fame with a signature sound that threads elements of jazz, go-go, funk and hip-hop into traditional North Indian bhanga rhythms.

SEE CALENDAR LISTING ON PAGE 48

2

FRIDAY 17 Well Said

According to the Chinese zodiac, 2014 is the Year of the Horse. Using this fact as a creative prompt, local artists perform original material at **WORDCRAFT Expo** (see **Local Art Shows**). Some include an **Oldford Cafe** pop-up that will give cooking of words word and rap-hop performances as part of the act of wordplay.

SEE CALENDAR LISTING ON PAGE 50

3

TUESDAY 21 Back to Nature

After three paint and pastels shows, **Andy Caldwell** brings a palette consists of 19 earthy things (stones and even socks). Caldwell's work is bristled with a variety of the natural world, including spirit walls, sacredly selected using found objects to create (the group's) a sculpture and land art. Caldwell's "Anus (Available)" series captures the groundbreaking creative process in the world within 2011 documentary **River and Poles**.

SEE CALENDAR LISTING ON PAGE 50

4

SATURDAY 18-MONDAY 20 Field Days

Get your hands dirty and your feet in them on a muddy trail for a memorable winter's day. At the **Slough-Ride Weekend**, folks travel across open areas then head inside where the second weekend commemorates **Nine From Little** Park's opening in absence of **Walter Luthin** Ring Jr. Day.

SEE CALENDAR LISTING ON PAGE 50

5

SUNDAY 19 Choose Your Own Adventure

Looking to cross a double-dip and winter survival skills off your bucket list? A cool cold weather pursuits are among the many offered at the **Down Your the Snow**. Snowshoos, snowmobiles, skis and sleds of all ages and abilities get up to the snow at any along the lower 5.3 mile resort on a path where they participate in a wide variety of activities.

SEE CALENDAR LISTING ON PAGE 50

6

TUESDAY 21 Perfectly Paired

While the most radical approaches to pairing wine with food, some like **Danish-Jude** and **Ally's Mischief** are bound by their gift for story telling. [Seasonal Savile and Brooklyn (by way of Vermont) respectively they channel for matching off wines when pushing the limits of folk and rock "to date is bound to turn heads at Artistic."

SEE CLAR DATE ON PAGE 50

7

ONGOING Good Foundation

You don't have to travel too far before a structure featured in the city's **Olson-vang Vermont Architecture** comes into view. Created by founders of the set southern Carolis E. Johns and Glenn M. Anders, the 100 photographs explore the craftsmanship behind some historic making houses and other physical representations of the urban history.

SEE REVIEW ON PAGE 50





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A Choice Change

R or a Wade remains the law of the land, but abortion-rights advocates have had a noticeable three-year run restricting access to the procedure. According to the Guttmacher Institute, an abortion-rights group, 22 states passed 70 new laws limiting the practice in 2013 alone.

This year, abortion-rights supporters are hoping to match a few years of their own as states that live to the blue end of the political spectrum.

In New York, Gov. **ANDREW CUOMO** is pushing what he calls a "Women's Equality Act," one of whose provisions would codify a woman's right to choose. And here in Vermont, some legislators are hoping to remove from the books an ancient, unenforceable law that criminalizes the practice of providing abortions.

"I would say with the exception of here and a couple other places, our strategy is much more restrictive. It's more defense," says **BOB WATSON**, Vermont lobbyist for Planned Parenthood of Northern New England, whose parent organization is behind the push. "I think there's a consensus that, when possible, we'll pursue more offensive legislation."

To that end, Gov. **CARLIS KRAVCHENKO** hopes the Vermont legislature will pass a new bill introduced by Rep. **TIM JARAMAN** (D-Charlotte) and five others that would excise from statute an 1846 law punishing abortion providers with five to 20 years in prison.

To be clear, the old law hasn't been in effect since 1972, when the Vermont Supreme Court ruled on *Rossum v. Leahy & Jefferson* (yes, that Leahy and Jefferson), which struck it down because the state simultaneously deemed it legal to obtain an abortion but illegal to provide one, the court decided, it was "subject to the charge of hypocrisy."

The next year, of course, the U.S. Supreme Court handed down *Roe*, which found that the due process clause of the 14th Amendment protected a woman's right to obtain an abortion.

So if not one, but two courts say Vermont's law doesn't fly, what's the point of repealing it?

"The effect of passage of the bill would be purely symbolic," Ashe says. "Though in light of uncertainty in Washington and in other states, I think there is symbolic impact that Vermont is removing the vestige of a different time, in terms of a woman's right to choose, rather than returning to that time."

Ashe isn't the first to propose the idea of striking up Vermont's abortion-related statutes, nor does his bill go as far as one

introduced in the House last year by Rep. **TIM JARAMAN** (D-Eastern Junction) and 18 others. In addition to striking out the old language, the House bill would affirmatively state that, "The right of a woman to terminate her pregnancy shall not be restricted."

Jaraman says he introduced his bill after learning from a Democratic legislator who works at the Guttmacher Institute that Vermont is one of just 12 states with pro-life, abortion laws on the books. He says that even if there's no immediate threat to *Roe* as Sen. **BARRETT**, Vermont should still take action.

"When Vermont leads on almost any issue, it's noticed nationally," Jaraman says.

MARY MAHON BLERWORTH, executive director of Vermont Right to Life, calls the whole discussion "a joke."

**THE LEGISLATURE
IS DOING, KNEE-JERK,
WHATEVER
PLANNED PARENTHOOD
WANTS THEM TO.**

MARY MAHON BLERWORTH

"If they take it up, we're going to be pointing out that it's a momentous waste of time," she says. "The legislature is doing, knee-jerk, whatever Planned Parenthood wants the m to. Could they stop and say if there's an actual problem they're trying to address?"

Whether the legislature will actually take action this year remains an open question. While supporters in both the House and Senate favor abortion rights — as does Gov. **PETER SHUMLIN** — there is some risk that bringing it to the floor could result in uncontested consequences, says Senate Judiciary Committee Chairman **BOB LEAHY** (D-Burlington).

"It's always on issue of who might amend it," Sears says. "It might put people on record on certain issues."

Of course, that might not be a bad thing for Democrats and Progressives hoping to distinguish themselves from Republicans on more popular, social issues ahead of an election that will surely focus on the challenges of health care reform.

Sears, whose committee will determine whether Ashe's bill moves forward, says that the legislature typically knows standing statute doesn't exist it has some other reason to meddle with it. But, noting that

he supports abortion rights, Sears says, "I don't have a problem with picking it up at some point this session."

Vermont Health Care Connect

Gov. Shumlin did a masterful job last week of changing the subject in the Statehouse to something other than Vermont Health Care Connect.

On the first day of the legislative session last Thursday the governor got out in front of lawmakers who've grown weary over chronic technical problems plaguing the state's federally mandated insurance exchange. As a rare appearance before the House and Senate health care committees, he announced that he would dispatch Commerce Secretary **LAWRENCE MILLER** to troubleshoot the system and hire an outside entity to investigate its persistent problems.

Vermont Health Connect, he assured constructive members, was "taking its course." What's more, he said, the website's problems wouldn't deter him from pursuing universal health insurance by 2017.

And then he moved on.

The next day, Shumlin devoted all 34 minutes of his ceremonial State of the State address to a single subject: the update crisis he said is threatening Vermont (see Local Matters story, page 16). Near a word was mentioned about Vermont Health Connect.

Shumlin's singular focus on updates was so compelling and so unique that even the national press corps took notice of little old Vermont — home of ice cream, teddy bears and now, even, human infants. An on-the-scene report by the *New York Times'* **KATHARINE BUCKLEY**, which briefly sat up the Grey Lady's homepage Thursday morning, spawned a flurry of news hits for the governor.

Soon enough, Shumlin was talking updates on PBS, NPR, MSNBC and other stations that could book him.

Unfortunately for Shumlin, with legislators back in town after an eight-month session, it wasn't that easy to shake the Vermont Health Connect story.

Later in the week, insurance company officials told members of the House Health Care Committee they needed to know within weeks which problems processing small business employer premium payments would be resolved. If not, the insurers said, they'd seek yet another contingency plan, to allow businesses still lacking new health plans to bypass the state's website and enroll directly with the carriers.

Speaking on WFFF's "Vermont Edition" Friday, Shumlin said he hoped to work out the kinks in time to meet the insurance

companies' deadline. But, he hinted "If there is a contingency needed we're going to deploy it."

Bare enough, that contingency was deployed Tuesday morning.

Department of Vermont Health Access Commissioner **DAVID LARSON**, who oversees the exchange, told reporters at a Milneau press conference that, once open, the administration had fallen short of its goal. The system still couldn't process systems for small businesses seeking to insure their employees.

In order to provide "clarity" and "predictability" to employers, Larson said, those required to select new plans by April 1 would now be required to sign up through the insurance companies — not Vermont Health-Connect's website.

"Our decision today isn't based on an impending deadline," Larson said, but rather a desire to provide "time and clarity" to employers to get the job done.

Not everyone bought the "predictability" spin.

Vermont Chamber of Commerce President **DAVID ROSS**, who has been calling for such a contingency plan since October, said later Tuesday, "Very little about small business enrollment in Vermont Health-Connect has been predictable over the last four or five months."

First, businesses with 50 or fewer employees would they had to enroll through the website by December 1. Then, they were told in November they could also choose to put it off until April 1 or enroll through their carrier. In December, businesses that opted to stick with the website were told that, like it or not, their new plans might not take effect until April. Now, they're being told to skip the website altogether and just call the insurance companies.

"It begs the question," said **Id. Gov. PAUL SCOTT**, a Republican, "When all is said and done, if we're saying insurance companies are better able to process payments after all we've done, what have we gotten for the right-to-choose-offline dollars we've spent? Because we've gone back to what we had before. The insurance companies are doing the processing?"

In the legislature, Tuesday's announcement that there is a need for the fire

House Minority Leader **DAVID TUCKER** (D-Milneau), who's planned to reintroduce his calls for such a contingency plan at a press conference scheduled for Tuesday morning, said he's "disappointed it took so long for the governor to come to this conclusion. I mean, we've 16 days into the month of January. We were calling for this back in October."

Democratic legislators, meanwhile, are wary of being blamed for the website's woes.

House Health Care Committee Chairman **WILLIAM HANSEN**, who said he told administration officials he favored the deployment of the contingency plan, said he's relieved they took action. But he said he plans to continue holding weekly hearings to monitor the situation.

"I think my job at this time is to continue to shine a bright light on the process and continue to push all the entities to get this system working," he said.

When Hansen delivers his budget address Wednesday, he'll surely continue to focus on update about — a weekly subject, if ever there was one. But with the May lights shining on Vermont Health-Connect — at least until those pesky legislators go home in May — it's unlikely Hansen will be able to change the subject completely.

Media Notes

As we reported earlier over the holidays, Seven Days has hired former VTigger reporter **MARC FRANK** to cover Burlington, health care and higher education. A Burlington native and Pomona College graduate, Frank went to work for Tigger in September 2012 and covered everything from human services to state politics. Frank, 36, the second new reporting position at Seven Days since former Valley News editor **JEFF BODE** was named as the paper's coeditor for news in September. Frank started Monday.

Replacing her at VTigger is **LAURA KRAMER**, who comes from *Winnipeg Daily* in Winnipeg, Man. A Boston University grad, Kramer was the New England Newspaper & Press Association's 2013 Story Paper First Amendment Award.

The Lebanon, N.H.-based Valley News, meanwhile, has promoted longtime editorial page editor **MARTIN FRANK** to replace Good as the paper's editor. Frank was a reporter and editor at New Hampshire's *Kennebec Sentinel* before joining the Valley News in 2004. ☐

Discharge: Tim Ash is the domestic partner of Seven Days publisher and coeditor Paula Roehly.

INFO

Letters: To Paul Seidenstamps at 610 E. Main St., #100, #100
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What's the Drug Deal? Diagnosing Vermont's Opiate 'Crisis'

by MARK SLAY

Gov. Peter Shumlin grabbed state and national headlines last week when he used his State of the State address to launch a campaign against a "rising tide" of opiate addiction and related crime.

"In every corner of our state, heroin and opiate drug addiction threaten us," Shumlin declared to a packed House chamber in the 2014 legislative session began. "It is a crisis bubbling just beneath the surface that may be invisible to many, but it's already highly visible in law enforcement, medical personnel, social services, addiction treatment providers and far too many Vermont families. It requires all of us to take action before the quality of life that we cherish so much is compromised."

There is little doubt that Shumlin was correct in identifying opiate addiction, and a shortage of treatment options, as serious problems. Vermont had the nation's highest rate of illicit drug use in 2010-2011, police are making more arrests for heroin and other drug-related crimes, and 1,000 people are on waiting lists for treatment.

But was the governor correct to assert that there is a "growing epidemic" and a "rising tide" of addiction and drug-related crime spreading across Vermont? The answer to that question is far from simple.

While the measures of opiate addiction and drug-related crime cited by Shumlin and his supporters are spiking up, other key indicators have remained unchanged, or even fallen — in recent years. Consider:

- A 2013 Vermont Department of Health report found the number of people hospitalized for opiate overdoses in the preceding 10 years has remained "consistent."

- The number of opiate-related deaths in Vermont has not changed significantly since 2006, and actually dropped 8 percent from 2011 to 2013. The Department of Health said it could discern "no specific trend" in opiate deaths in the past decade. (In 2013, in Shumlin's words, the number of heroin deaths nearly doubled, from nine to 17. Deaths from prescription opiates fell from 66 to 39.)

- Shumlin correctly stated that the number of Vermonters in treatment for opiate addiction has surged nearly 300 percent since 2004. However, health experts say that figure likely overstates the increase in new addictions, at least some of the jump can be traced to existing addictions claiming a greatly expanded array of treatment slots.

While Shumlin is correct the growing problem of heroin, he also suggested



Gov. Peter Shumlin speaking at a State of the State address in Montpelier.

that prescription drug abuse was part of the "rising tide." However, 2013 Vermont Health Department surveys of adults, high school students and middle school students have shown that the misuse of prescription drugs, most of which are opiates, has not increased since 2003.

- Overall property crimes, which include larceny, burglary and vehicle theft — the category of crime that law enforcement officials typically identify as being committed by addicts seeking money to buy drugs — have steadily declined in Vermont since 2008, according to federal statistics.

The Shumlin administration referred most questions to Health Commissioner Harry Chin. While acknowledging figures that seem to contradict the assertion of a "rising tide," Chin said his boss was right to draw attention to opiate addiction and those who cannot access treatment. "The case can be made very easily that it's a huge problem in Vermont," Chin said. "Most Vermonters agree that this requires focus and attention, and I applaud the governor."

Treatment Tells

In his State of the State address and appearances afterward, Shumlin passed a grim picture of opiate addiction spreading from hospitals into a peaceful state, leaving shattered lives in its wake. He pointed to the example of Dennis Machos, one of the addicts featured in *The Hungry Memory*, from O'Brien's documentary film about drug abuse in the St. Albans area.

A young man raised on a dairy farm, "Dennis started using drugs in 10th grade, doing a 15-minute break between school exams," Shumlin recounted this addiction to Gray's, a prescription painkiller, quickly grew from a \$100-a-week to a \$1,200-a-week habit, leading him to steal more than \$33,000 worth of farm tools and equipment from his own parents.

"He started because your addiction is winning out in your driveway, just getting stronger, just wanting for people to slip up and take you away," Shumlin-quoted Machos as saying. With support from his family and treatment from Franklin County psychiatrist Fred Holmes, Machos beat his drug problem and has been clean for five years.

Machos is just one of many Vermonters who have seen their lives — and those of

their families, friends and communities — managed by addiction. Shumlin cited a 750 percent jump in people receiving treatment for opiate addiction since 2006 and a long list of people waiting to start it.

But health experts acknowledge that those numbers should probably come with a disclaimer. The dramatic rise in people enrolling in opiate treatment is at least partly a product of successful strategies to open new treatment centers and allow doctors to treat addicts in their own offices. The 750 percent is attributable not just to a surge in demand for treatment, they said in response to questions, but also to an increased supply of treatment.

"We began to look at, 'Is there a better way to put the pieces together to a equal access and getting it to more people who need this treatment?'" said Barbara Caraglio, the state health department's deputy commissioner for alcohol and drug abuse programs. "It's in everyone's best interests to get people help and get them out recovery."

In 2000, the baseline year of Shumlin's treatment statistics, there was no place to receive treatment for opiate addiction in Vermont; patients had to travel out of state.

But in 2002, the Howard Center opened a new addiction clinic in Burlington and other clinics followed — in West Lebanon NH (2004), the Northeast Kingdom (2006), Brattleboro (2007) and Berlin (2008). On January 1st this year, a regional treatment facility opened to serve St. Johnsbury and Newport.

The treatment facilities went well beyond new clinics. In early 2004, Vermont doctors got the green light to administer patients buprenorphine, another drug used to treat opioid addiction, as the privacy of their own offices.

By 2012, more than 4,000 Vermonters were in treatment for an opiate addiction, according to the Department of Health.

Asked whether an increasing number of addicts, or the expansion of prescription accounts for the surge, Casella said "I think it's a combination of both. If you look at all the data and listen to law enforcement, they are seeing a spike. At the same time, you're seeing us provide more treatment."

In response to questions about whether the increased supply of treatment accounts for a portion of the treatment statistic, Chertoff said "Your point is well taken. I don't really know that, but right now we're getting Vermonters treated for their addiction, and that's what we [focus] on."

Demand for treatment has held steady — rather than increased — in recent years, said Beth Bick, director of mental health and substance abuse services at the Howard Center. But demand is strong, he stressed, noting he welcomed Chertoff's pledge to devote \$200,000 to expand treatment options in the short term and to devote more resources to the problem over time.

"Part of the talk for the state and providers is we don't know how much of this iceberg is below the water," Bick said. "We know what's above the water; that's the people in treatment. We're trying to predict what actual unmet demand is. Right now, the goal is to meet the demand that we know exists, and then we will see what continues to exist."

Top Three Threats

Derived from the opiate prescription, all agencies list as one of two, co-occurring legal but often abused prescription drugs such as benzene or OxyContin, which are designed to alleviate pain or bring sleep, and illegal variants such as heroin.

Last week, the governor, along with House Speaker Chip Smith (D-Morrisville), Senate President John Campbell (D-Windsor) and others said

they were concerned about an opiate "epidemic" in Vermont. Sklaris also spoke of a "full-blown heroin crisis."

The administration's cue for a surge in heroin use, however, seems strongest. Sklaris and other officials say that as the prescription drug went scarce to be subsidizing, heroin may be rising to take its place. The number of people receiving treatment for heroin jumped 40 percent from 2002 to 2012, Sklaris said.

Several factors have fueled heroin's popularity. In 2003, makers of OxyContin changed the formula for the drug, making it more difficult to get high by snorting it. Heroin is now cheaper than OxyContin or other illegally obtained prescription opiates, according to Burlington Mayor Clavin Michael Scheraga. And doctors can triple their money by traveling from big East Coast cities, where a bag of heroin goes for less than \$10, to Vermont towns, where it sells for as much as \$30.

State police estimate that \$2 million in heroin and opiates makes its way into the state every week.

Vermont health researchers say other problems are just as severe — if not worse — than the state's opiate abuse. In 2012, the health department's 30th Epidemiological Outcomes Workshop set out to identify areas in which Vermont should focus its substance abuse efforts. The group identified "clearly and unambiguously" three problems "that should continue to receive high priority in the state's prevention efforts... underage drinking, high-risk drinking and marijuana use."

The top problems — alcohol and marijuana abuse — were unchanged from 2005, when the question was last addressed, opiate didn't make the list in either year. In response to growing concern about opiate addiction, the workshop's 2012 report noted that a conducted meetings that were "generated by a noted discrepancy between the perception of the extent of the prescription drug misuse problem in Vermont and data that appeared inconsistent with this perception."

REGW's John Arles said he was not surprised by the findings. Despite the alarm about heroin and prescription drug abuse in recent years, historical problems such as people abuse alcohol and marijuana more than opiates, cocaine or other substances.

The report found 34 percent of Vermonters age 12 and up had engaged in binge drinking in a one-month period

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What's the Drug Deal?

area

and 11 percent had used marijuana. By comparison, 44 percent had misused a prescription drug and 3.9 percent had used an "illicit drug." The study did not provide specific figures for heroin.

"Looked to the No. 1 problem we look at in every data set. The data suggest that alcohol and marijuana are more significant in terms of burden on the system," Secker said in an interview. He added, "But the increase in people on opiates, that's a huge public health concern. It's clear to me, in terms of treatment data, something needs to be done."

The Opiate Connection

In a press conference following his State of the State address, Shamlin, who took office in November, was flanked by key legislators, police officials, prosecutors — even Vermont Supreme Court Chief Justice Paul Roberts, who has been unusually outspoken in declaring that the court system cannot alone fix the drug problem. They were there to reinforce the point that opiate addiction is directly linked to increased criminal activity.

"I'd think the state almost every single day and has heard from addicts, providers of treatment, police chiefs, the U.S. Attorney ... He's heard from just about everyone and he gets the same response everywhere he goes," Shamlin spokeswoman Sue Allen said.

The Vermont Judiciary says that felony filings have increased by 9 percent in the past five years, half of which can be attributed to drug crimes. Additionally, the judiciary says, abuse and neglect cases are up 33 percent in the same time frame. Roberts said he believes much of that is tied to families entangled by drugs.

U.S. Attorney Thomas Griffin said his office has seen a big spike in indictments of heroin defendants. In 2010, the office saw 12 heroin indictments; the number rose to 72 in 2012. The amount of heroin seized during busts also seems to have increased, and both Griffin and Secker, for

example, last March, state police stopped a Cadillac in Williamsstown that was allegedly returning from Brooklyn with 2,600 bags of heroin in the trunk.

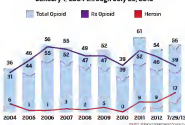
"Anyone who works in law enforcement as the frontline field will tell you we have a big problem here," Griffin said.

Max Schleuter runs the Vermont Justice Research Center, a state-funded

Schleuter and other experts say a more reliable measure of whether opiate addiction is fueling additional crime is property crime statistics, which tend to rise when addicts break into homes and businesses and use other types of theft to pay for expensive habits.

The most up-to-date figures on crime rates come from the Federal

**Total number of drug-related fatalities involving an opioid
January 1, 2004 through July 29, 2013**



group that examines crime trends and the impact of policy decisions. He said drug crime arrests may not be as useful a barometer as they might seem. Drug arrests, he said, are usually a product of police enforcement efforts — searching a car, for instance, or setting up a sting.

"It's important to understand that arrests for drugs are really a measure of police action," Schleuter said. "They aren't a measure of actual crime." Thus, he said, it's impossible to determine whether the increase represents a dramatically increased drug crime rate, heightened enforcement efforts — or both.

Bureau of Investigation, whose numbers show that nearly every type of crime in Vermont has fallen in recent years, including property crime, which law enforcement officials have long described as an outgrowth of drug addiction.

In 2008 the state recorded 15,903 property crimes. By 2012, that number had dropped 6 percent, to 15,006 property crimes.

'Tomorrow Could Be Too Late'

In his speech, Shamlin called for an array of initiatives to address the opiate problem. He

proposed setting aside \$100,000 to bolster staffing and a day waiting list at treatment centers, \$700,000 for county prosecutors to conduct evidence-based screenings and redirect addicts out of the court system and into treatment, and \$500,000 to fund a high school (one for O'Rand and her mother's subjects). He also proposed tighter controls on the out-of-state dealers who come here to sell drugs and for anyone who leads into a house using a gun.

These proposals have already gained support in the House, where lawmakers are pondering a variety of related measures.

"We do believe the opiate problem has risen to a level where we have to take action. I don't think there's anybody in this building who would pretend it isn't a problem," Republican Sen. Sue Benning, a defense attorney, said in an interview.

People directly involved with efforts to combat addiction were cheered by Shamlin's push to immediately improve access to treatment. Standing at the governor's side, Marbo explained, "I'm an addict today, and something major happens, and I decided it's time to go, find a bed at a rehab somewhere, and I'm ready to go right now, I need to go right now because if I don't go right now and I wait until tomorrow, tomorrow could be too late," Marbo said. "I could be dead."

In Burlington, Beck said even if the statistical case is more muddled than what officials presented last week, it matters little to the addicts trying to get help, and to the providers who don't have enough resources to go around.

"To the individuals and families affected by this, it's one person at a time. Sometimes we look at treatment numbers and waiting lists, we lose sight of the trees for the forest," Howard Center's Beck said. "When I'm talking with a mother who has just lost her 28-year-old son to an opiate overdose, all the data and statistics become meaningless. It's very personal, and it's very real."

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UVM Slavery Study Challenges Vermont's Abolitionist Rep

BY KEVIN J. KELLEY

Vermont's founding family — the Ethan Allen clan — is generally extolled as a collection of freedom fighters embodying the qualities of courage, independence and tolerance that have come to characterize today's state.

Aspects of that image — the freedom-fighter and tolerance parts, anyway — need revision, according to a new study of slavery in early Vermont by UVM historian Harvey Amari Whitefield. He'll be discussing his findings in a pair of talks in Montpelier and Burlington on January 26 — MLK Jr. Day.

Whitefield's research explodes the myth that the abolitionist provision in the Republic of Vermont's 1777 constitution ended slavery in the territory.

HISTORY The ban on holding black adults as slaves was indeed the first of its kind in the New World and launched Vermont's progressive tradition, Whitefield acknowledges. But, he adds, an unknown but significant number of black Vermonters remained in bondage several years after slavery was supposedly prohibited.

"In fact, the state is home not only to a rich abolitionist history, but also to the more troublesome story of slavery," Whitefield wrote in *The Problem of Slavery in Early Vermont, 1774-1800*.

Limiting the ban to African males older than 21 and females over the age of 18 meant children could lawfully remain enslaved in Vermont for as long as 20 years after the constitution was promulgated. That plenty of adult Vermonters of African descent also did not gain freedom because the 1777 decree went unenforced, Whitefield points out.

Many residents of what would become the State of Vermont in 1791 apparently had no problem with neighbors who continued to hold slaves, Whitefield suggests. Those defying the constitution's initiative included some of the most respectable inhabitants of the state, the historian observes in his book.

Among those slave-holding and lawless were Vermont Supreme Court Judge Stephen Jacob and Len Allen, described by Whitefield as "Ethan's troublesome brother" and nearly 60 years after the supposed the birth of slavery in Vermont. Ethan Allen's daughter, Lucy Gordon Hitchcock, returned to Burlington from Alabama in possession of two slaves — a mother and child. Hitchcock continued to enslave this pair for an years in the Queen City.



THE STATE IS HOME NOT ONLY TO A RICH ABOLITIONIST HISTORY, BUT ALSO TO THE MORE TROUBLESOME STORY OF SLAVERY.

HARVEY AMARI WHITEFIELD

Ethan Allen himself may also have been a slave owner Whitefield suggested in an interview. "I can't say this will be proven, but he does refer to having servants, and in the English Atlantic world references to 'servants' often means 'slaves,'" Whitefield said.

Due to his previous research on slavery in the northeastern United States and in Canada's Maritime provinces, Whitefield says he was not surprised to find that slavery continued in Vermont long after it had been declared over. Those circumstances prevailed in many of the states that had declared an end to slavery, he notes. "But I was surprised to see the lenient attitude of certain people in Vermont in holding slaves," Whitefield adds. The story of Judge Jacob's arrogant enslavement of a woman named Dinah was "truly shocking" he says, as that it revealed the indifference of many of the Windsor noisier neighbors to his repudiation of the principle of liberty for all Vermonters.

"It's important to me as an African-descended person living in Vermont to see these names," comments Whitefield, who has taught at UVM for 10 years.

In showing that the declaration of slavery in Vermont was actually an ongoing

process and not a clean-cut break from the past, Whitefield acknowledges and builds on the work of other historians such as Amy Zerk and Karen Winter. In addition to his critique, "I don't intend for my book to be seen as the last word on this subject."

But it does make a valuable contribution to contemporary understanding of Vermont's history of both abolitionism and slavery, says Winter, a former UVM professor who now teaches in Buffalo, N.Y. Winter discovered and annotated an autobiography by Jeffrey Blume, a former slave who arrived in Vermont in 1780.

"Amari has found some sources that neither I nor Ray had considered in depth," Winter says in regard to Whitefield's book. "We live in a culture that celebrates good and evil, and life is more complicated than that — in the 18th and 19th century as well as today — and I think Amari's work conveyed that."

Questions remain about the history of slavery in Vermont, Whitefield says, noting that court records that may contain valuable information are "scattered" throughout the state and have not been thoroughly sifted. Among the unknowns: the number of slaves held in Vermont post-1777.

Even so, he challenges self-congratulatory statements about Vermont's historic commitment to human rights. Whitefield insists that the state is right to take pride in its abolitionist principles. He notes that the Vermont legislature passed two laws — one in 1786 and a similar but stronger measure in 1800 — forbidding the trafficking of slaves in the state. "Vermonters knew that something was wrong and they tried to deal with it both those times," Whitefield said.

Righteousness in the case of black freedom was made manifest in the Allen clan, too. Whitefield's book takes note of the glowing significance of the master Allen's decision in 1777 to free Benck Martin and her daughter Nancy because "it is not Right in the Sight of god to keep Slaves."

In his January 20 talks, Whitefield says, "one of the most important lessons I can teach is that nobody owns any white but as only black has. That's not how the history works." ☐

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INFO

Harvey Amari Whitefield will speak at noon at the Vermont Slavery Society event on January 26 and at 7 p.m. in the Memorial Lounge of VUHS. Winter will speak on Thursday, January 27. The Vermont Historical Society is the publisher of *The Problem of Slavery in Early Vermont, 1774-1800*.



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Twenty-Five Years and 6,300 People Later: A Vermont Refugee Report

by KEVIN J. KELLEY

These polyethnic presences are evident every day in Chittenden County's supermarkets, schools and streets. Some women in halos and capes lounge by the Old North End, Vietnamese and Tibetan entrepreneurs selling hawk or ornate art food shops in Winooski, Rwandans becoming suburban homeowners in Essex, Williston and South Burlington.

Since 1989, at least 6,300 men, women and children have come to Vermont through a federal refugee resettlement program. That 25-year total includes 1,206 Bosnians, nearly 1,400 Ethiopians, many of whom had been living in cities in Nepal and, at 1,099 Africans fleeing violence in Rwanda, Congo, Somalia, Sierra Leone and Sudan.

Hundreds of additional non-English speakers from poor countries have made their way here as asylum seekers or ordinary immigrants. Another 300 or so are expected to arrive this year.

The large majority of these new Vermonters "have adapted successfully" to a society, economy and climate markedly unlike that of their homelands, says state refugee coordinator Denise Lamoreaux. Those who suffered "severe trauma" have overcome even greater challenges, adds Michelle Janusz, director of Vermont Immigration and Asylum Advocates. "They show remarkable resilience and courage," she often says.

Has the process been largely free of xenophobia or racism on the part of long-established Vermonters? Has the state lived up to its reputation for openness and compassion?

Yes and yes, say Lamoreaux, Janusz and several other Vermont resettlement specialists, as well as almost all of the 15 immigrants interviewed by *Shen* days. "Very few people don't want to interact with you because of the color of your skin or your language," says Thais Rutisha, a Rwandan who works as deputy director of the Association of Africans Living in Vermont.

At the same time, Lamoreaux cautions, "All transitions require effort, flexibility and adaptation."

Those qualities could be deemed as the properties of immigration in the Burlington area continues to grow. Laura Starnad, an outreach worker for the Colchester-based Vermont Refugee Resettlement Program, acknowledges the possibility of a "bumping or saturation point." "We're here going through a long process," she notes, "and everybody has been trying to lock out the themselves."



He top, and he is a woman in a hat.

Racial tension was two years ago at Burlington High School and in other local settings, some recently suggest that the integration of newcomers into a still basically white part of the country is not without challenges. "Change is always hard," concedes Judy Scott, director of the resettlement program. And that may be especially true in Vermont, which, Scott notes, "is very much behind the times, compared to the rest of the country, in becoming culturally diverse."

Acts of insensitivity, if not outright hostility, do take place on occasion. Top head onlooker at Burlington's City Center had to oversee a manager who claimed that for signs born employees should be required

to speak English on the job. Rutisha says a few African refugees told her they were treated differently by employees at a different local supermarket because they had difficulty speaking English.

It is impossible to gauge the degree of suspicion or resentment among white Vermonters toward immigrants of different ethnicities — though the fillet at Vermont Refugee Resettlement are especially attuned to prejudice. Hints of it occasionally surface. For example, an email message sent recently to a *Seven Days* staffer suggested that the status of some refugees should be "investigated."

The writer recommended that the downtown Burlington's *Red Aid* and young

"an African refugee couple [the woman was in traditional dress] hosting the casher process a money order for \$100 to be sent out of the store — my guess was to send their back home." The couple "didn't look well-off," the writer added, "and could very well be getting Section 8 [rent subsidy] and/or food stamps. And considering how many people on VT are struggling financially, I'm sure no one would be happy to know that refugees are sucking taxpayer money out of the country."

Part of the writer's supposition was likely correct. Immigrants from many places — not just Africa — do typically send funds to family members back home. These remittances, as they are known, constitute a cornerstone of the economy in countries with per capita incomes of less than \$1,000 a year.

The couple was at *Red Aid* and may indeed have been securing funds for a winter and/or food stamps, like that doesn't mean they were greedy. In fact, about 95 percent of refugees in Vermont had work within six months of their arrival, says resettlement program employment counselor Alyssa Vignault. And because many of these jobs pay less than \$12 an hour, some immigrants have to work 90 hours or more per week in order to meet the high cost of rent in Chittenden County, Rutisha notes.

Chandra Felder, an employment counselor at AALV, calls housing "the single biggest challenge" faced by immigrants in the Burlington area. Shikha Rai, and through a translator at AALV's office in the Old North End that he pays \$1,150 a month, actualized an umbrella, for a three-bedroom apartment in Winooski that the Rwandans' immigrant couple with his wife and four children. Rai and he work part time on a laundry while caring for his wife, who is ill. The family gets additional support from an adult son and a daughter living nearby, he said.

The recurrent snafu could have been giving impetus to one of the area's upstart spin-off initiatives. Starnad suggests, "It's sometimes a mix of refugees that 'they're all on welfare,' the resettlement program staff says. But in addition to the housekeeping jobs they typically find, many refugees work as caregivers in nursing homes, where 'they're usually helping the children of our parents,' Starnad points out.

Refugees do many of the least glamorous jobs in Vermont, a state with an aging population that is facing labor shortages, says Scott, the resettlement program's director.

And many of them tell with purpose. Immigrants, almost by definition, are strivers. That's a centuries-old story in the United States, and it's being told again today in Vermont.

Consider the case of Ky Gyi, a Burmese refugee who works as a cook at the University of Vermont's student center. He came to Burlington five years ago after spending 12 years in a refugee camp in Thailand. "I hope one day my children will go to UVVM," he said at the resettlement program's office in Fort Ekin Allen. "I hope one day to open my own food business."

Refugees who find jobs — on matter how menial — are strongly motivated to continue working, adds Loan Nguyen, a Vietnamese immigrant who works as a counselor for the resettlement program. "People are really proud," she says. "but they get something here, they want to look outside. They don't want trouble with the police. They don't want to be hungry again."

Another myth holds that all refugees are uneducated or were impoverished in their native countries. Boverud notes "We've had clients with PhDs," she reports. "They had worked as professors. It's simply not true that everyone from Africa comes here at the lowest possible economic level."

Due in part to the assistance offered by organizations such as AAIV, which serves refugees from all over the world, the Burlington area is seen as a hospitable destination for immigrants — especially in comparison to some other parts of the United States. During a recent visit to Atlanta, Peckoff of AAIV recounts, he heard reports of Bhatiasse fighting with African refugees. "That sort of thing doesn't happen here," he observes. "Vermont people are friendly and kind."

Vermont is regarded as such as is becoming place that many immigrants move here from elsewhere in the U.S. Bhatiasse notes she says AAIV does not have statistics on such "secondary migrants," but she estimates their number to be "substantial."

In addition, "very few" immigrants to Vermont leave the state, Bhatiasse says. The cost of housing may be prohibitive, but it's easier to find jobs in Chittenden County than in many other metropolitan areas, she notes, adding that Vermont is also perceived as a safe environment where the children of immigrants can get a good education.

That's evident in Chittenden County schools — particularly in Burlington and Winooski — where dozens of languages are spoken in addition to English. But could Chittenden County institutions and

service providers reach a point when they are unable to respond adequately to the needs of a burgeoning refugee and immigrant population?

Lamareaux leads a network of service agency directors and local leaders that addresses such concerns at meetings held every six weeks. Their assessments — of aspects on housing, schools and the local labor force — generally indicate that the opportunities and assistance available in the Burlington area are sufficient to meet newcomers' needs. Lamareaux reports. Last year, however, the agency network suggested to the U.S. State Department that the planned influx of 325 refugees to Vermont might be too large. It was subsequently agreed that the state would receive 300 refugees, Lamareaux recounts.

"We need to keep a balance between our capacity to continue to help refugees succeed and the desire of the federal program to maintain the numbers it thinks are appropriate," she comments. "So far, the balance is there. I don't see a time when there are too many refugees here."

Tisha Khadka is a Bhutanese refugee who works with disabled adults at the HowardCenter in downtown Burlington. His parents, who formed in Bhutan, are both Bhutanese. But he received a bachelor's degree in English literature while spending seven years at a camp in Nepal. Khadka says he's pleased with the quality of teaching at Burlington High School, which his daughter attends. His 4-year-old son will attend kindergarten in Winooski, where Khadka has bought a home.

Although he has provided well for his family, Khadka says he knew from the outset five years ago that the experience of being a refugee "wasn't going to be easy — even for a person like me. And it hasn't been easy."

Learning to drive a car presented unexpected difficulties, for example, as did his initial homelessness and the lack of jobs in Vermont. During the depths of the Great Recession, Khadka says he has encountered no explicit prejudice based on his brown skin, although, he suggests, "maybe I have not noticed subtle types of discrimination." Life in Bhutan, by contrast, involved "harsh discrimination that was always obvious," Khadka explains.

Few refugees have come to Vermont under circumstances more favorable than those experienced by Bhatiasse. "Lost Keys" knocking members in Saigon, they tickled hundreds of miles across and expenses piled up by buses and animal predators to seek refuge in Korea. Most

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Chittenden County Loses a Beloved Legislator: Sen. Sally Fox, 1951-2014

by P. Aul. HEATs

Just three days after they returned to Montpelier last November, Vermont legislators received the worst of news: They had lost one of their own.

"It is with a heavy heart that I post in today's session," Lt. Gov. Phil Scott told grid members, members of the Vermont Senate, on Friday morning. "For those of you who haven't heard, our dear friend and colleague, Sen. Sally Fox, passed away early this morning, bringing the first week of the session to a tragic close."

That week a day was expected — Fox had been diagnosed with a rare and lethal form of sarcoma nearly two years before — did not diminish the heartache. Throughout the Statehouse, beacons glowed in a kind of light. Legislators hugged one another and openly wept. The governor ordered flags to be lowered to half-staff. A single white rose appeared on Fox's senate desk. ■

"We're all feeling the loss," said Sen. Jane Kirby (D, Colchester).

Born in Omaha, Neb., in 1951, Sally Fox made her mark on the world 1,000 miles to the east in her adopted state of Vermont. She spent nearly four decades fighting for the state's children, low-income families, and those with mental and physical disabilities.

"She was a rock not just for people who women did not need," said Sen. Philip Baruth (D, Chittenden).

Swirling in 1977, Fox spent more than a decade working as an attorney with Vermont Legal Aid, developed mental disabilities, low-income families, and was elected in the first of seven terms representing Essex in the Vermont House, eventually serving as the majority and minority leader and chair of the education and appropriations committees.

"The thing that impressed me about Sally was her sense of justice, which was strong," said Michael Chubbuck, commissioner of buildings and general services, who credits Fox with helping to elect him speaker of the House in 1995. "The lines the difference between right and wrong and really stood up for what she thought was right."

After leaving the legislature in 2005, Fox kept both feet firmly planted in public policy. She directed family court experts' notes for the Vermont Supreme Court and ran the Chittenden County's official reentry program. She served as a professor at the Statehouse, too, lecturing for Vermont Businesses for Social Responsibility and then for the Vermont State College.



She was a rock. Star
FOR PEOPLE WHO WERE IN OUR NEED

SEN. PHILIP BARUTH

In 1978, then a resident of South Burlington, Fox returned to the political fray, running to represent Chittenden County in the Vermont Senate.

"I think she always was the legislator," said Rep. Martha Heath (D, Winoand).

Though a decade had passed since she had last run for public office, Fox easily rose to the top of the pack. Out of a field of 14 candidates, she came in second place, beating those less active at the time.

"She was so vocal about every issue," said Sen. Brad Simon (R, St. Albans), a former ally known for Congressman Peter Welch. "After that election, I just kept saying, 'Doesn't that measure you at all?'"

Said Judy DeLano, another close friend, "Even when she was a high wire walker, she never once took for granted that she would be needed. She knew she would have to earn everybody's vote."

In the Senate, Fox quickly established herself as a serious player on the health and welfare and finance committees. While her cohort of freshman senators earned a mixed reputation for their legislative inaction, Fox was rarely considered part of the weaker pack.

"Obviously because of her many years of experience in the legislature, she just had a different perspective and a depth

in the room," said Mitchell, who later served as Fox's chairwoman on the Senate Appropriations Committee. "Sally was just so smart and so knowledgeable and such a hard worker."

But in the winter of 2011, Fox's luck turned. After coming down with what appeared at first to be a cough, she was diagnosed with a rare form of sarcoma. A surgery to remove a tumor and her left lung kept her out of the Statehouse for weeks, but she returned that spring with a new outlook on cancer as the battle drew.

"It was a tremendous experience for me," she told Simon. Days in June 2012, "I learned a lot about the health care system, really. I'm going to have a different perspective than I have up until now, certainly, seeing it from a consumer point of view."

Despite her health struggles, Fox vowed to seek another year that fall.

"I've got work left to do," she said. "I want to go back and finish the job — or at least continue the work on health care reform."

Sure enough, Fox was a second timer in the Senate. Though her voice was weak and her energy depleted, she rarely missed a day of work during the 2010 legislative session.

"She was a force to be reckoned with," said Senate President Rep. Tim J. Campbell (D, Windsor). "Even though she was a small voice, it rang loud for those people whose voices are seldom heard in this building."

While friends say Fox did not dwell on her illness, it was certainly linked to one of the most contentious issues of her years' legislative service: the debate over whether to let doctors practice life-ending drugs to terminally ill patients.

With the Senate deadlocked over the question last winter, Baruth recalls, Fox spoke out as member of Democratic legislators held at Montpelier apartment rented by Sen. Jeanette White (D, Windsor) and Claire Ayer (D, Addison).

"Her voice was so very loud. She said, 'Look, let's stop this very fast. I need not this in the next year or two,'" Baruth said. "There was this big pause. And she said, 'I want my choice to be the protected. It's not threatened. This is something I'm actually here to think about now.'"

"Sally could voice about it that she was willing to reach that, which is every body's greatest fear — that they're not going to survive their bout with cancer," Baruth said. "I thought that showed a tremendous

amount of courage. Sally also showed how much she cared about the policy."

Fox's Statehouse on Fridays came out in driving steady for her funeral at South Burlington's Temple Street Legislature, lawmakers, committee staffers and government and private citizens of Fox's friends and family for a reflection on a life devoted to others.

"Sally herself would never have expected all of this. She was a very humble person, and at times, very shy," said Michael Senford, her husband of 35 years. "All this love and praise would have made her feel awkward and beautiful smile of her own brother and even her husband."

Senford, who was joined in eulogizing his late wife by Sen. J. Scott and Sen. Deane, described meeting Fox 35 years before in a night class for new teachers. "Colorado and finding her," "Immediately, I was drawn to her."

After a cross-country road trip connected their romance, they were, he said, "The only boy from Queens and the country girl, who turned out to be a fireball from Omaha."

Throughout her political career, Senford said, "The only pain I felt first" but it was Fox's devotion to the legislature, which "she always had her long, her passion," that kept her focused on staying well in her final year. Just 10 days before, he said, they had settled on a plan to ensure that she'd be able to return to the Senate last week.

"She wanted to continue to make a difference, as she had done all her life, in what ever small way she could," Senford said.

After the service, friends reflected on her drive to carry on. Baruth, who first met Fox when the two worked together at Vermont Legal Aid, recalled seeing her old friend near the end of the past.

"She was really terrible," Deane said. "But on her last day was asking the reporter, who she had chaired over the summer, making connections to send back to legislative counsel, not would be for a meeting they would have the following week. She just wasn't stopped."

"I think the legislature was her solution," Heath said. "It could give her a sense of accomplishment at a time when she was dealing with a very tough illness."

Fox was not one to wallow in self-pity, her friends said.

"She was good at being quiet and brave about it," Baruth said. "It was totally unfair to her that she got cancer, but she never complained about it." ■

Contact: paul@sevendayvt.com

Vermont Refugee Report

of the Lost Boys who arrived in Vermont after years in refugee camps have adjusted well to an utterly unfamiliar environment, refugee workers say.

But not all of them have found peace. "There are problems for some with the freedom they have here," remarks Adam Ding, a former Lost Boy who works as a mechanic in Winooski. "They buy beer and can get in trouble."

Adrie Kassemer, a St. Michael's College anthropology professor who works with Sudanese refugees in Vermont, says some Lost Boys have not found work and struggle with depression as well as with alcohol

abuse who were wearing a thin jacket that he had to put on a parka or he'd get hypothermia," Vignacelli relates. "He told me, 'It's fine like this. I've been too hot for a long time!'"

Adjusting to freezing temperatures is "nothing, compared to what they've experienced in refugee camps," Kassemer adds. "They're survivors. Being cold is not a big deal for them."

Cultural barriers mean far greater for those born in the U.S. can present much greater challenges than Vermont's weather, some refugees say.

Ahmed Hammad Shamsi, an Iraqi immigrant who worked as a translator for the U.S. Army in combat zones such as the city of Fallujah, identifies "the pace of life" and "visually scheduled bus time" as aspects of life in the U.S. that have proved hardest for him to adjust to. "At home there was no time limit on socializing," says Shamsi, who works as a pharmacy technician in Williston. "We all lived near our mother and just hung out. Here, you've got to work hard at keeping friends."

Acquiring English fluency is essential for immigrants seeking to climb the job ladder, refugee counselors point out. But learning English can prove quite difficult for some refugees. U.S. admissions programs make no provision for teaching English, leaving it to nongovernmental groups such as the refugee resettlement program to help immigrants find language instruction.

Leftrun Ndlovu, a refugee from war and hunger in Congo who arrived in Vermont nine months ago, appeared lost as he sat on a bench in AAUW's office, waiting to get help in applying for Medicaid. "I go to the health center but they give me papers to fill out I did not understand," he said in halting English. "It's hard for me to learn how to speak," added Ndlovu, who works part-time at the Autumn Harp cosmetics factory in Keese Junction.

Happy endings to stories such as hers are not guaranteed. But U.S. history does show that many immigrants gradually assimilate into American society. Older refugees, such as 64-year-old Ali Chan from Burma, may remain outside the U.S. mainstream, but her son, Ali Gyu, the UVM coach, says he finds it easy to make friends with American natives. And Ali's children will probably ease into local ways and adopt them as their own.

Khalida, the Rwandese refugee who works at the Howard Center, is using this process unfold in his family. "We still like to eat every bread and rice," he says about himself and his wife. But his kindergarten-age son "won't eat our food." He wants burgers with a very smile. "He wants hamburgers and French fries and ice cream." ☺

Contact: development@jgmc.com



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THATO RATSEBE

about. "A lot have not had their dreams of education fulfilled," she adds. "They're also under pressure to send money home, and many are looking for visas in Sudan. It's tough to negotiate the bride price in some tribes here" — a reference to the sub-Saharan tradition of using livestock as currency to win the consent of a potential bride's family.

Vermont's refugee workers don't pass as big a problem as it is commonly supposed for Africans and immigrants from other tropical climes, says Vignacelli, the job counselor at the resettlement program. "I told a guy from Iraq a while

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OBITUARIES, VOWS
CELEBRATIONS

Sally Gail Fox

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Sally Gail Fox, age 62, died peacefully on January 30, 2024, with her loving family by her side. She was born January 30, 1961, in Brattleboro, Vermont, to John and Patricia Fox. She married her husband, Michael Denison, on October 7, 1979, in North Ferrisburgh, VT. Sally and Michael resided in Essex Center, VT, and later moved to South Burlington, VT, in 2000. Sally was raised in Danville and attended the University of Wisconsin, Madison, following college, she earned a B.S. from State University of New York, Buffalo. She worked as an attorney and director of the Vermont Division of Law Projects at Vermont Legal Aid before being elected in 1988 to the Vermont House of Representatives from the town of Essex. She was re-elected six times before retiring from office in 2002. While a state representative, she was the chair of the Judicial Committee and made properly sound and fair by the time she retired she had many to be one of the second women in Vermont history to chair the House Appropriations Committee. Sally held several leadership positions over the past decade before retiring to politics. She was elected to the Vermont State Bar for Vermont, serving policy there for Vermont Businesses for Social Responsibility, co-chair for the City of Burlington Office of the Mayor Program, and governmental affairs director for the Vermont State College. In 2009, Sally was elected to the Vermont State Senate from District 1 and was re-elected in 2012 despite having been diagnosed that same year with breast cancer. She was working hard to be able to fill out her term when she passed away during the opening week of the 2024 legislative session. Sally loved the Vermont legislature and serving the people of Vermont. She was a politician without an ego, a generous, open-minded, a true advocate for children's rights and other programs and causes. Even though Sally was a public figure for most of her professional life her family came first. She was a devoted wife and mother and nothing made her prouder than her two



sons, Jacob and Jesse. She gave more than 100 percent to them and loved them more every holiday and family event or activity was open to her family. She would do everything she could to get the family and make those occasions memorable. She loved traveling on the Eastern Flyer with her family, visiting with her friends, and her friends called her by name, visiting with friends and family along New York Times' award-winning guide, playing Angry Birds, and going to the movies. She was also an avid reader.

Services include her husband, Michael Denison, son Jacob Denison of New York, NY, son Jesse Denison of New York, NY, sister Marsha Fox of New York, NY, sister Denise Denison of New York, NY, and her wife, Sally's brother Michael Fox, brother-in-law Gregory Denison, brother-in-law Andrew Denison and his wife Amy, numerous nieces and nephews, and grandnieces and nephews. She was predeceased by her very dear granddaughters, Phoebe and Quiana Fox, and her loving father-in-law, Joseph Denison.

Memorial contributions in Sally's honor may be made to Vermont Cancer Bank, c/o VCCM, 260 College Parkway, Suite 101, Colchester, VT 05458, and to Rescue for Vermont Children, 143 State St., Montpelier, VT 05602.

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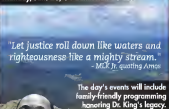
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HIS PASSION, HIS LOVE FOR THE MUSIC, HIS CAUSES — THE HOLOCAUST, SLAVERY, BULLYING — ARE ALL OF A PIECE.

ELIZABETH LONG

professional group from its ranks. The money was lacking, however, so De Gormier started his own group. The director made sure to split Counterpoint's small profits evenly. "Everybody got the same amount, including me. It's a principle I really believe in."

The VSO Chorus had been born in 1993, when the VSO director Kate Tarnatin and executive director Tim Phelan approached De Gormier. "We put out the word for a conductor," Long recalls, "but everybody in Vermont knew that Bob was the man."

Before then, the orchestra had included choral works only rarely in its performance, using the localism of the texts it voiced. Under De Gormier's direction, the VSO Chorus has performed

at least one memorable concert a year, alternating between a Masterworks and a Holiday Pops concert.

De Gormier is so enthusiastic about the VSO Chorus' upcoming performance, it's hard to believe it will be his last. Describing the 15-year-old boy who will solo in the *Requiem*, Vermont *JOHN* *JOHN*, De Gormier says he's "just beautiful, with an angelic face surrounded by a kind of brown curls. The audience is going to fall in love with him." And the *Requiem* is the kind of music that, with careful listening, "can reach your soul. I guess we all have that," he adds.

The started musician plans to focus on playing classical guitar for personal enjoyment after he steps down from the VSO position. "I'd love to set up that this will be the final concert," De Gormier says, "but I just thought it's time."

INFO

Vermont Symphony Orchestra Masterworks concert with the VSO Chorus, Saturday January 28, 8 p.m. at Phipps Hall Stage, Burlington, \$48-61. The concert is one of two being offered during the week of January 18 to 28 that make up "A Classical Celebration of Community." For more, visit: www.vso.org, [Winter warmth starts at Marilyn's

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want him to expound on the life of capitalism. But so Michel Bondy, co-director of *Chernobyl: The Silence of the Spent Man*. The director of *Slip and the Kind* filmed. "What makes you happy?" he asks Chernobyl in the *Man Who Is Tall Happy?* a documentary filmed as an "animated conversation" with the linguist.

That's just one of the questions — most of them in far more abstract exploring core issues of philosophy and epistemology — that Chernobyl and Bondy branch in the unique film. Their conversation is literally animated by Bondy's bright

hand-drawn cartoons and collages which comprise most of the visuals offering a whimsical counterpoint to the heavy topics on offer.

The A.V. Club compares the *Man Who Is Tall Happy?* to "watching the prodigious, somber equivalent of *Schindler's List*." You can

catch it on January 23 for the first time in Burlington, presented by the BURLINGTON FILM SOCIETY and MAIN STREET LANDING PERFORMING ARTS CENTER

MARGOT HARRISON

INFO

Man Who Is Tall Happy? film festival Friday through Sunday, January 23 to 25 with screenings starting 2 to 5 p.m. at the big Picture Theater in Waterbury. Drop-in with free jazz on Friday, January 23 to 24 p.m. 8 p.m. free live jazz, musical improvisation and jamming. Free for all on Saturday, January 24, 10:30 a.m. (provided by bags at 10 a.m.) at the Picture 9 Cinema in South Burlington. Free 100% vinyl record in record-store under \$100. *Man Who Is Tall Happy?* film festival January 23 to 25 p.m. at Main Street Landing, Main House in Burlington. Free donations accepted during performance day.



in Vermont and often screens films of a political nature, the better to jibe with the college's longtime academic strength in international politics.

This Is Not a Film, for all its ambiguity, is an impassioned statement on Nash's political-artistic convictions. Still, despite the seriousness of his intention, the project (which J.O. Scott, writing in the *New York Times*, dubs a "video essay") is surprisingly playful and witty.

Its trailer nod to René Magritte's painting "The Treachery of Images" is the first indication that Nash's approach is not entirely one of despondence.

GREGORY KATZMAN, associate professor of film and media culture at Middlebury, notes that Nash's work often evinces a political awareness that exceeds that of his master. "Nash's has always been much more directly politically antagonistic than Kurosawa ever is," he says.

Nash's continues to use his art to test the limits of Iran's laws — a potentially dangerous project, given that *This Is Not a Film*'s co-director, Majid Mirmohammadi, was himself imprisoned for several months in 2011. Nash's most recent film, *Cloud Caravan*, was made surreptitiously in private homes in Iran, it played internationally in 2013, winning the Best Script prize at the Berlin International Film Festival. Though the Iranian government is aware that Nash has continued to make films, so far he has not received any stricter punishment, for reasons unclear. **D**

INFO

This Is Not a Film screens on Saturday, Jan. 19, 10 a.m. and 7 p.m. at Davis Auditorium, Middlebury College. Free. go.middlebury.edu/nashfilm

has spent a good chunk of his time down south since retiring from the university in Vermont. But he is in Vermont this spring, somewhat to instruct undergrads as a visiting writer at **JOHNSON KWEE KIM**. The recipient of the 2013 PEN New England Award for Poetry for his collection *Blacksnake at the Family Reunion*, Hustle will give a public reading, during his time at JKC — check our event calendar for details.

MARGOT HARRISON

INFO

A Winter Evening With Four Vermont Writers
Thursday, January 10, 7 p.m. at Carol's Hungry Mind Café in Middlebury. Free. www.cmcvt.com



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Speaking of writers who know how to evoke the natural landscape poet and novelist **DAVID FRANKLIN**, a longtime Broad Leaf Society member

WTF?

Why did the family behind Seventh Generation launch an eco-friendly condom?

Coming as it is to a health food store, your job is the latest Earth-friendly product from a guy who once made marinated sustainable and nontoxic detergents, toilet paper and other household consumer goods.

This product, unlike the others, will be worn exclusively by men but marketed primarily to young women of the Millennial generation. It's the first ever. For Trade-certified, organically sourced, vegan, nontoxic, non-animal tested and 100% free propylene glycol. Known as the *Sustain* condoms, it could revolutionize rubber forever.

A home with a conscience? WTF? Does the world need a new approach to condoms? And why market them specifically to young women?

Sustain condoms were the brainchild of Jeffrey Hollander, the 58-year-old entrepreneur who cofounded Burlington-based Seventh Generation in 1988. More accurately, *Sustain* is a family project created by Hollander and his 26-year-old daughter, Mikla, a recent business school graduate of New York University. Then it's the father-and-daughter duo's first business venture together.

The older Hollander, who gave Seventh Gen into a \$180 million a year business before he was forced out as CEO in 2003, says he launched the project after reading her thesis "Failure at Reinvention."

"Starting and reading business is what I like to do most, and I felt there was a lot of unfulfilled opportunities, particularly when it comes to the role businesses play in society," Hollander explains. "While there's been a lot of good work by a lot of companies, at the end of the day we really haven't come close to reaching the tipping point where businesses are addressing more problems than they're creating."

Evidently, that's no true for condoms in France was for cleaning products. Twenty years ago, Hollander made married the name Ruffert Rubbers with a plan to market eco-friendly products made of sustainable rubber harvested from the Amazon, without the use of toxic chemicals or child labor. That product never materialized, and Hollander turned his focus to Seventh Generation.

The goal of the newly created Hollander Sustainable Trade, which makes *Sustain* condoms, he says, is to



be a "net positive" business that plays a "regenerative" role, both socially and environmentally, rather than just being "less bad" than traditional companies.

To that end, promoting the condom market makes sense on several fronts. First, the product itself is already a socially responsible tool for global people's control, family planning, women's rights and preventing sexually transmitted diseases.

Sustain takes that ethics to the next level. The Hollanders chose an organic, family-owned rubber plantation in southern India that is certified by the Rubber Stewardship Council for preserving biodiversity, conserving carbon and mitigating climate change. The plantation also pays its workers "you mean wages," offers free health care at its own hospital and provides free schooling to all workers' children.

Next, the Hollanders identified a family-owned, untested condom for men, whose southern India 15, too, pays its workers "significantly" higher wages than others in the region, Jeffrey Hollander says.

From a health standpoint, Hollander expects one big selling point of *Sustain* condoms to be the absence of venereal infections. A 2011 study published in the *Chemical and Veterinary Investigation Office* in Stuttgart, Germany, found that 29 of the 32 condoms tested contained N-nitrosamine, a carcinogenic compound. While

Germany's social ministry reassured consumers that those chemicals don't pose an imminent health risk, it asked manufacturers to seek other alternatives.

The Hollanders note that challenge. Their nitrosamine-free condom also contains lower protein levels than conventional condoms, Jeffrey Hollander adds, making the latex less likely to cause allergic reactions.

Finally, Hollander emphasizes that his daughter is leading the marketing campaign, which is aimed at women in her age group. Although females make up about 40 percent of all condom purchases, he notes, most condom ads target young male consumers—and their engaged eyes.

For example, ads for the Durex brand often emphasize that they come in an XXL size. That may boost sales, but it does little to improve the product's reliability. Hollander says a major complaint he and Mikla have heard from women about condoms is that men buy too large sizes that fall off. Moreover, women are often reluctant to buy a properly sized (i.e., small) condom, fearing it will offend their partners. To that end, *Sustain* comes in a "water fit" size that, Hollander asserts, is less likely to cause hot blood in the boudoir.

"We want to change the experience of being embarrassed when women buy condoms to something they feel proud about," he adds. "You go into a store and buy organic food, and you feel great that

you're taking good care of yourself. It's terrible that young women, and men, feel embarrassed about doing something that is critical to their health."

Indeed, condom users are actually down among Millennials. In a September 2013 article for *New York Magazine*, Ann Friedman describes sexually active, better-twenty-somethings as the "Post-Generation" for such things as condoms (and other reliable birth control methods) in favor of premarital testing apps and viral fisting.

Not surprisingly, then, the Centers for Disease Control and Prevention report that about one in four college students now has a sexually transmitted disease. Hollander threatens that Millennials' condom awareness, beyond the usual gripes, may be due to the fact that they were born after the height of the AIDS epidemic, when condom use soared.

Also, despite all efforts at caution—cotton, the *Sustain*, which has a latex-free spring, lags on one front. The lubricant is an entirely natural soy organic, because the FDA has yet to approve one. Hollander insists they're working on it.

Finally, the *Sustain* condoms offer no assurances about eradicating sustainability. Sorry, folks, but for that, you're on your own. ☺

INFO

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Dear Cecil,

It seems pirates have made a comeback, and so with great excitement, and possibly a bit of delusion, I've decided to become one. How much would it cost to buy or commission a ship of the line, fully stocked with cannons, cannonballs, food, muskets, rifles, gunpowder and crew of 300? Is it legal to purchase all of this?

Howard Grao, London

We need to think this through, Howard. I understand the appeal of piracy as the Jack Sparrow mold, although I personally could skip the eyepatch. However, one must ask whether treasure-and-peril-type piracy is a paying proposition in the modern age.

Let's start with the ship. For assessing you want a classic wooden vessel, and from your specifications I gather you want something huge, on the order of Blackbeard's pride, the *Queen Anne's Revenge*. While this isn't something you can price as an Amazon, we can make estimates based on other reconstruction efforts. A 37-meter replica of the *Black Pearl*, with room for 70 warriors, eight crew and an additional battle cannon, was listed for sale online at \$2 million a while back but later reduced to \$750,000. In 2008 the cost to build a replica of Blackbeard's ship, *Adventure*, a much smaller ship than the *Queen Anne's Revenge*, was estimated at \$1.7 million. Since

that was an 80-ton ship, I'll take a flyer and project the cost to reconstruct the 200- to 300-ton *Anne* at \$11.6 million.

Next, the crew. Most pirate ships were fairly small, with maybe a dozen guns and crews of about 50, but some carried crews of more than 200, and the *Queen Anne's Revenge* carried 800 to 900. You want 300, let's figure payroll for 300 *Pirate* crew back in the day typically worked for a share of the plunder, but this in the 21stC, when even earthshakes expect a regular paycheck.

In addition to general-purpose crew, you'd go to need a captain, first mate, quartermaster, boatswain, and so on. To estimate your likely outfit, I took current U.S. Navy pay rates and multiplied them by 14 to cover everything from Scout Security and Medicine to 401(k) contributions (look, I'm glad I didn't include stock options), arriving at an annual cost of \$13.3 million — spread about on request.

Costs for food, drink, toiletries and other essentials can

be estimated by a standard business costumer per diem charge of \$75 per person per day, or about \$8.2 million. Total crew costs about \$19.5 million per year.

OK, cannons. It may surprise you to learn that, according to the Bureau of Alcohol, Tobacco and Firearms, muzzle-loading cannons are legal to own, so long as they don't use exploding shells and the shot, powder and primer are all separately loaded. The *Queen Anne's Revenge* sported up to 60 cannons plus numerous swivel guns and other smaller arms. A full-size 32- to 36-pound iron cannon costs about \$22,000, and cannon grade black powder is about \$15 per pound. At five to six pounds of powder per shot, firing 40 guns (let's say) 250 times per voyage would require 55,000 pounds of powder, or about \$825,000. Throwing in the price of

cannonballs, we get a total estimated cost of about \$55 million.

So with the ship, crew, food and supplies, and cannons, powder and shot, you're looking at around \$18 million for a one-year voyage. Is this a cost-effective expenditure of source resources?

Back to our spreadsheet. The direct expenses paid to all real-life Somali pirates were \$80 million in 2010, \$145 million in 2011. Individual Somali pirates have been estimated to earn somewhere between \$12,700 to \$79,300 per year over a five-year career. (This happens to be more than 60 times the annual earnings of the average locally employed Somali.) If we take your crew of 300 and assume a median earning potential, you would be able to take in \$17 million annually in other words, after the first year, even if things go well by the standards of modern piracy, you'll still be \$39 million in the hole.

So there a cheaper way? Of course. Somali pirates, usually combat-trained by military nations, use small skills capable of 25

knots (although no successful attack has been perpetrated against a target vessel traveling faster than 18 knots). These typically operate in pairs sent from a mothership carrying fuel, ammunition, other supplies and any hostages previously obtained.

Somali pirates don't use cannons — just AK 47s, rocket-propelled grenades and such. When they get close enough, they try to board using hooked poles, ropes and grappling, or lightweight ladders. (Ships with a fireboard and a few crew members or more and a reasonably knowledgeable crew are largely immune to such attacks.)

Craft! On the assumption it's all or nearly stolen, I'm guessing close to just making for a much more attractive return on investment, assuming you're OK with the possibility of bloody death.

But give that last part some thought, Howard. How many pirates in expensive suits were paraded in any way whatsoever for their role in the recent financial meltdown? Loose, for serious plunder, stick close to your desk as if never go to sea.

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From left, Nancy Miller, Gerry & Christine Miller, Christine Belkoff, Hilary Souther, Karen Christian and Christine Abbott

Kicking Back

A nonprofit group of black belts arms Vermont women with self-defense skills

BY SARAH TUFF

Born, Burlington boggymen, bagmen, sexual predators and any other jerks who attack women. You do not want to meet Christine DiLasio in a back alley. A third-degree black belt in Jeet Kune Do karate and a licensed psychologist, she will take you down physically, mentally and verbally — whatever she has to do to keep herself safe.

And she's not alone. Meet Daisy Richardson-Miller, forensic counseling and second-degree black belt, Nancy Miller, educator and second-degree black belt, Karen Christian, police officer and second-degree black belt, Hilary Souther, forensic chemist and first-degree black belt, and Christine Allard, physical therapist and third-degree black belt. Known as the Safety Team, the six women have made it their mission to empower other women with the self-defense tactics used to avoid, fend off and diffuse common attacks.

After several years of teaching women's self-defense workshops, the Safety Team formed a nonprofit that aims to reach nurses, computerists, college and community organizations. Its programs range from two-hour introductory classes to eight-hour intensive workshops to private sessions.

"The goal isn't to hurt someone else," says DiLasio. "The goal is to escape with as minimal injury to yourself as possible, so that you can live another day and be with your family."

It was DiLasio's family, in fact, that triggered her interest in martial arts nearly 15 years ago. Her daughters, then 8 and 7, were staying classes at the Martial Way Self-Defense Center in Colchester when the began taking classes herself. DiLasio found herself hooked on the mind-body benefits. Martial arts made her focus. "I couldn't think about anything else, or it would not end well for me, so it got me to be mindful of what I was doing," she says. "And I gradually become more fit. I stopped hanging out tables so much — my coordination improved."

Back then, DiLasio was often one of only two women in the class; the other was Richardson-Miller. "Growing up, my brother had some martial arts, and I'd been the Brown Kid myself, and I wanted to be able to defend myself," Richardson-Miller recalls. "Was like that confidence that goes with you when you've taken martial arts."

When the two women decided to train other women in self-defense, they already had a guru in Martial Way's Dave Quindan, a sixth-degree black belt who started the Think Safe for Women program in the 1990s. Think Safe is based on

realistic self-defense techniques that range from law-enforcement officers and interviews with survivors — and sometimes perpetrators — of violence.

As a "non" organization, the Safety Team collaborates on curriculum with Think Safe in Colchester but works as a

nonprofit, the women frequently travel to different sites to offer workshops. "A unique aspect of our program is that it's by women, for women," says DiLasio. "To make participants can identify with the instructors, who have likely shared their safety concerns, both for themselves and for other women — daughters, friends, family members — that they care about."

**THERE'S FIGHT,
FLIGHT OR FREEZE,
AND IF YOU DON'T
PRACTICE 'FIGHT,' YOU'RE
VERY LIKELY TO FREEZE.**

CHRISTINE DILASIO

Participants start by expressing their concerns on paper in a pre-class questionnaire that also asks them which activities they engage in that might make them most vulnerable in a potential attack. "Really, the physical skills are kind of the last resort," Richardson-Miller says. "The most thing and the most effective thing is just staying out of the situation in the first place."

As part of the Safety Team's work is self-advocacy, one is how to remove the risk



What about weapons? Chevrolet advises participants — and all women — to familiarize themselves with pepper spray and similar deterrents if they plan to carry them. Otherwise, they provide a false sense of safety. She also cautions women as refusing to go to a second location with a producer. "If he has a gun on you and tells

ever more vital skills. "Their compassion, skill and dedication are evident in all who participate in their classes," he continues. "They handle the unpleasant reality of dealing with violence in an inspiring, energetic and unswerving way." (2)

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Singular Sensation

One Vermont skier glides down the mountain with the best of 'em — on one leg

BY LINDSAY J. WESLEY



If I had read the description of Mr. Hilson's black diamond 3000 run before running up, I might have been put off. "There will be a great headwind at the third tower from top," the trail map reads. Instead, I'm already at the top, listening to Vanja Sejtra's recommendation for the best (or best?) way down. "I asked it yesterday and it was fine," he says. "Stick to the side, and it should be pretty good. Maybe just don't follow me!"

Then he lets it rip.
At age 22, Sejtra has much in common with his fellow 2013 grad: He's got a BS in mechanical engineering from the University of Vermont and a serious liking for the state. Chaffin wears a yellow jacket, following his every move as he carves down the slope, catching air from moguls along the way. It's not until the powder settles

that a defining feature beyond his skill becomes apparent: Sejtra also is just one plank, supported by a pair of cutting gear under his arms. The hem of his right ski pants is pinned up near his right hip. The slight hip amputation was the result of a blood infection when he was 6 months old.

"I don't remember it at all," Sejtra says, as we ride the chairlift back up together. "I only started skiing in fifth grade, but I was always pretty active. I used to play soccer all the time growing up, but I also did long board, skateboard, hockey—I've tried just about everything!"

Sejtra was cautious most of the time, but he also has a pair of foosballers that he and his friends customized to fit his needs. Everything else he's using today was donated by major outdoor retailers, "mostly

just 'because it's single, and companies don't want single," he says, glancing down at the sole support plank dangling below the chairlift.

We have time for one more run—an other black diamond—before heading back to the lodge. Sejtra is riding on company time today, as the silent him away from his first official day on the job at Vermont Adaptive. He and Sports Hill's intern at the nonprofit organization that offers year-round sporting activities for athletes with disabilities, and today is "one of the craziest days of the season," according to Suga, head of Vermont Adaptive program coordinator Heather Turner.

At midday, the program's small room in a corner of the Mr. Hilson lodge is packed with volunteers and participants, as well as with all the equipment needed to help

individuals with a wide range of physical, mental and developmental disabilities get out on the slopes. Sejtra worked as a Vermont Adaptive volunteer for the large morning group, but now that the Vermont Special Olympics also team has arrived, he's working to catch up on paperwork.

While he works, I sit along with Peter Steiner, 21, an athlete on the Vermont Adaptive Alpine Race Team who is training for the 2014 Special Olympics Winter Games. Accompanied by volunteer Jackie Levine, we catch a few runs before meeting up with the rest of the team. Steiner also confidently and clearly shows her love of speed and excitement by her firm membership on the slopes. Until asked, she humbly doesn't mention the medals—four gold, one silver and one bronze—she's earned at Vermont Special Olympics games.

Septra is one of the success stories, according to longtime Vermont Adaptive volunteer Tim Egan. "Our goal is to teach people to, hopefully, ski independently so they're able to ski with family and friends," he says. "The majority of our customers are kids, so we want to teach them the discipline, control and safety, so they can ski with their families and don't need to anytime."



I USED TO PLAY SOCCER
ALL THE TIME GROWING UP,
BUT I ALSO GO LONGBOARD,
SKATEBOARD, HOCKEY —
I'VE TRIED JUST
ABOUT EVERYTHING.

VASU SEPTIRA

Now 22, Egan has been a volunteer for more than 20 years. He's watched the program evolve over its 27-year history, which started at Asbury Mountain Resort in Brownsville in 1962. Back then, Vermont Adaptive was called the Vermont Handicap Ski Foundation and offered skiing instruction only. Today it offers snowboarding, luge, kayak, canoeing, sailing, cycling, hiking, rock climbing, tennis, horseback riding and other activities for people with disabilities.

The nonprofit utilizes more than 500 volunteers, who go through a rigorous training program that includes off-season

orientation, teaching instruction and workshops. Septra was one of those volunteers this summer, and he became an intern on January 2, just after arriving home from a trip out west.

It's not surprising that Septra is in great skiing condition. He and fellow 1991 grad Tyler Williams-Bryke four states in three weeks in search of powder while promoting United We Ski, a documentary that Williams-Bryke and his brother Eliot made about small ski areas in Vermont. Next they hope to shoot a documentary about adaptive sports and Septra's quest to qualify for the Paralympics. A screening of *United We Ski* at Burlington's Outdoor Gear Exchange this Thursday will kick off a campaign to fund that project.

Septra says he's found a reach through Vermont Adaptive where willing to train him for the Paralympics, and he sits in effect as possible, both in and out of bounds. He frequently runs extremely early for "dinner patrol" with friends and goes in a few runs before work — and before the lifts open. Hauling yourself up a mountain using only detachable mountain on the bottom of your skis is hard work for anyone, but for Septra, it means relying on one strength.

"I had a lot of trouble with post-holing [posting deep into the snow] when I first started backcountry skiing," he says, "but my friends and I modified my technique to give them more stability, and now they work great."

The support of friends has been a crucial component of Septra's development as a skier and an athlete, he says. He didn't take advantage of adaptive sports while growing up in Connecticut or during a five-year stint living in India, he preferred to figure out his own solutions.

"My brother definitely helped out a lot with trying new sports and stuff when we were younger," Septra says. "He and all my other friends were pretty much just like, 'Yeah, you're going to do this, so shut up about it.' And I'd be like, 'Yeah, OK, fine.'"

We stop talking for a minute to watch a skier below as snowing the cliffs, a black diamond that today is covered by rocks poking through the snow and plenty of ice deep spots. It looks like sheer suicide to me, but Septra watches with an approving eye as the skier takes the plunge.

"That that yesterday and I really wasn't too bad," he says. "Well, at least I didn't tear up my ski, which was pretty good. I was happy with that." ☺

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About Face

A Burlington company wants men to get the message about natural skin care

BY CHARI ES DICKER



In December 2010, a new Vermont company called Ursa Major launched its first product: a shaving cream. And its founders, Emily Doyle and Oliver Sweetman, had a moment of terror. "We launched with this expensive shaving cream in a recession, in Vermont, where everyone was already growing a beard, and with a [company] name no one could pronounce," Sweetman says. "It was like, oh, my God."

Doyle and Sweetman, life partners and veterans of the skin care industry, had met in New York City and decamped to Vermont in 2009. They planned to start a business together, but "at the time, we didn't know what it was going to be," Sweetman recalls. "We thought maybe we should try something else—soaps, lotions, serums, whatever." The economy was tanking, though, so Doyle and Sweetman decided to stick with what they knew.

A year of research and development went into Ursa Major's shaving cream, which didn't fall victim to the shikoni trend after all. Two years after it hit the market, *Men's* magazine declared it the best shaving cream of the year. Now the company offers four other products (face wash, lotion, balm and soap). Sweetman and Doyle live in Montpelier, and last summer, they used their business in Stowe (their former home) to work in labs outside Vermont. In the fall, they hired six employees and moved operations to a Burlington office on Lower Maple Street.

For this week's issue focused on health, *Men's* Doyle sat down with Doyle and Sweetman to learn about their products and what men should be doing for their body's largest organ.

SEVEN DAYS: Where does the name Ursa Major come from?

OLIVER SWEETMAN: We started our own shaving cream and we talked our friends, too. At some point, we came back into Ursa Major [for a "digger" and the Big Dipper constellation]. We were riding on the whole bear thing, and I took a lot, so we were like, "That's fun." I'm a big animal lover, and there's also this real mythology around the Big Dipper being a way of finding stars. We liked that idea of awareness and discovery, and we thought that was a cool thing to weave into our brand story. In some ways, it feels like what we're doing moving to Vermont.



EMILY DOYLE: Our brand is about getting outdoors and connecting with nature, so we wanted to reflect that feeling of getting outside.

SD: We don't typically think of men as consumers of skin care products. How has it been marketing to them?

OS: I would say that there is a growing pool of men who are increasingly interested in taking better care of themselves. They're much more open to engaging with these

products than my dad. For example, or my grandfather. As the generations moved forward, unobscured chemicals in [skin care] products is growing, so are more health-conscious guys who are looking for an effective, natural alternative. We're trying to focus on that guy.

ED: That said, there's also still that hair-swap guy out there, and he uses the hair-swap hair to tie. But when we introduced him to our staff, often we see this response

"Oh, my God. This feels so good, and my skin feels so comfortable. I don't feel sticky."

OS: One analogy for this is when, maybe 20 years ago, most people drank Budweiser, Coors, Coors Light. Now, in craft beer culture, there's a whole language. When you talk to a college kid now, they're like, "I like an IPA, a lager, an ale," and they know the difference. It's not exactly the same, but there are some parallels in terms of guys getting more familiar with different kinds of products.

ED: And also being willing to pop a little bit for something they love.

SD: So, for your young guy in Vermont growing a beard in the winter. What sort of regimen would you prescribe for him?

OS: Most of all, I get skeptical of these companies that say, "Here is this regimen that you need to follow every step." No one's the same. But generally speaking, I think washing your face twice a day with a good, sulfate-free cleanser is a very good thing to do. If you have, you have. That's great. But the next step would be a light hydration product, and if you're going to spend any time outdoors, I would put on a natural SPF.

Above and beyond that, a mild scrub or exfoliation-type product can be very helpful, because guys tend to build up a lot of dry skin. If you have shaving bumps, I think a face lotion can be very helpful. A lot of guys have ingrown hairs or acne bumps.

SD: Beyond the moderate face-wash or shaving products, are there any products or life habits that you recommend for better skin?

OS: First of all, genetics has a lot to do with it. Putting that aside, your diet can make a huge difference: staying well hydrated, having a healthy balance of diet. Stress is a big one. Sleep. People in Vermont tend to spend a large amount of time outdoors, but only about 10 percent of men use SPF, whereas 70 percent of women use SPF, so that's a huge one for guys.

ED: We're working on a natural SPF, because that's the No. 1 thing you can use to really keep your skin looking younger.

SD: Are there any broad differences between men's and women's skin care?
OS: There are definite physiological

difference: Mar's skin is thicker and older and has wrinkles, so I think she's definitely a case to be made that men need guy-specific products. Men also tend to like different scents, aromas and languages, which is more of an emotional, psychological thing.

Huang said that, we're going to increasing number of women saying they love these products. He was asking ourselves, "What the hell are we doing?"



Left: Gaylor and Oliver, founders

Why are we trying to do this? Indeed? On a daily basis now, we get an email from a lady saying, "Hey, I found your stuff. I'm looking at your label, and I see that it's for men. Should I not be using it?"

ED: We're like, "No, use it!"

SD: Should we be worried about toxins?

OK. If you do the research, this is a totally unregulated industry so there are now over 3,000 synthetic chemicals that are used with very little regulatory oversight. Well over 90 percent of those chemicals have not been adequately tested for use on humans. I think Americans are especially lax on this front.

There's a growing body of credible evidence that toxins on products [e.g., dioxins, lotions and cosmetics] penetrate the skin. In fact, most of these products have synthetic penetration enhancers to drive it deeper in your skin, or you ingest it through your nose. There are endocrine disruptors that mess with your hormones. There are neurotoxins. That's neurological stuff that's happening.

ED: Why use all this stuff that's untreated and hazardous in Europe? You just don't have to anymore. You can find avocados, clean

products like corn, and there are other brands out there that we use as well that are beautiful, small, amazing and work.

SD: How do you make sure your products are natural?

OK. We formulate to a standard called Ecocert, which is used in Europe. Basically, we formulate as close to 100 percent natural as possible. But we're actually going to be moving towards the Whole

Foods standard. They're the undisputed leader on setting a natural standard, with a list of 430-plus ingredients that they don't allow in their stores.

SD: When people are trying to go natural, what are some things on the labels they should look for?

OK. We personally look for a statement around percent natural -- as close to 100 percent natural as possible. We also look for an overt statement around no toxins, which would be no parabens, phthalates, sulfates, PEGs or synthetic fragrances, colors or SPF. Some good men's brands are Aveda, Bart's Face, John Master's [Deodorant], Naturespath.

ED: Women have way more choices, and that can be odd putting for a guy, even if the ingredients are small and beautiful, because the scents are a bit so different for women. For guys, it's immediately like, "You're going to try to put me to use here, and I'm going to smell like now? Forget it. It's over!" But there are some choices. ☺

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Lunchtime Recess

A new start-up invites Burlington-area professionals out to play

BY CHAD E. BICKACKER



It was 12:30 p.m., and I was where—ling, like a beached whale. Metallica blasted from one corner of the Ridge athletic complex in Williston. In one of its facilities—a large AstroTurf field house—a dozen guys in white and black pinnies were spinning in and for. Yours truly was doing his best to keep up with them while not puking.

An hour earlier, I'd ascended from *Dan's* Burlington headquarters to participate in the pilot phase of *Recess*, a web-based platform for people in the area looking to play recreational sports at lunchtime. Now I was looking it in one end of the field house. My teammate had hauled a Frisbee over the end zone, and I was closing in on it, readying to pluck the disk out of the air.

Out of nowhere, the long paw of a 6-foot-something defender swooped in

front of me. With a Lelouch-like wingman, he snatched the Frisbee out of the air and dropped onto the fake grass. My opponent picked it up. Back on defense, I jugged off to guard someone else.

That first period game of *Ultimate Frisbee* quickly reminded me how much my fitness has declined in recent months. But winning wasn't the point; we weren't keeping score. Just so juggling can reimagine into you after a night of drinking, the game turned out to be fun in a cathartic way, making me work up a sweat in the heated field house despite sweltering temps outside.

To sign up for the game, I'd visited the website of Burlington-based *Recess* and chosen *Ultimate Frisbee* from a menu that also included soccer on Tuesday and basketball on Wednesday. The start-up came from locally based companies (including LOBO MicroStrain, Southwestern

and Dealer.com, each paid \$6 to participate. Most were alerts and meeting shots. A few simply rolled up their pinnies and played hard.

"It's always good to get some other companies together for some social exercise," LOBO employee Ryan Mills explained, as he made a beeline to the water fountain after our game. Mills has been using *Recess* since late summer, he said, when the service first started and the weather permitted outdoor activities. (In our game that day, he was the one who snatched down the Frisbee on route to my hands.)

The idea of *Recess* came to cofounder Alex Consolvo after he graduated from Middlebury College in 2009. He'd played soccer then but always preferred pickup sports to regimented exercise. So, after graduating, Consolvo said, he looked for

a resource that could set him up with spontaneous opportunities, the way mobile apps such as Uber connect travelers with taxi drivers.

Consolvo approached Andy Rossmann, a fellow Middlebury grad who founded the movie app *Phoria*. "Are there any apps for pickup sports?" He recalled asking Rossmann. "And he said, 'I don't know, but if there are, they're not very good, or at least people aren't using them.'"

Consolvo and two others decided to use Burlington as an incubator for their concept. They set up a website and began working with venues such as the Ridge tennis equipment and storage space during lunchtime. The move to 1 p.m. was a late convenience, not just because athletic facilities are quieter in those off-peak hours, Consolvo said, but because they allow people to fit their own busy schedules and return to work refreshed in the afternoon.

New *Recess* advice includes Rossmann's former New York City parks com-

munity adviser Henry Korman and sports illustrated staff writer Alexander Wolff. Several local companies subsidize the cost for their employees. One of those companies, Dealer.com, already offers exercise classes for its employees. But for Joseph McCormick, M., a front-end web developer there, the appeal of *Recess* is the healthy element of competition it adds to his day. He boosted the service to find soccer and *Ultimate Frisbee* games.

"Choosing a Frisbee sound, getting the end zone, giving me more of a spin than soccer," McCormick explained. "I have never in my life been in a pretty basic. What's cool about *Recess* is I'm not carrying out time after work."

As with any start-up, the challenges now facing the *Recess* foundation involve forming partnerships, securing more investment and adding innovation to their product. Currently, people who use the



server pay \$5 to support its facility and operating costs. For now, someone from Recco — last Thursday, it was Consalvo — must attend each game to hand out the equipment. The founders are toying with the idea of recruiting users called “captains” to manage those tasks instead.

As Consalvo and fellow cofounder Ward Wolff look to expand outside Burlington, they’ve been in talks with the San Francisco parks and recreation department. They plan to add yoga and rock climbing to their Burlington menu, and they’ve partnered with City Sports, which markets special offers to Recco participants. Recently, the insurance company Warrior donated a set of reversible mesh games.

IT'S ALWAYS GOOD TO GET SOME
OTHER COMPANIES TOGETHER
FOR SOME SOCIAL
EXERCISE.

RYAN MILLS

These were the shirts on our backs as we tossed the Frisbee around last week. Consalvo (who would be leading them) was happy with the 12-person turnout. “That was a good run,” he said after the game, when the other attendees had taken off. “Sometimes we don’t have enough people, or we have too many, and people leave frustrated.”

So far Recco has seen 250 total participants since it started setting up games in September, and participation is growing by an average of 50 percent each month. As Consalvo looks to grow the enterprise, he acknowledges that it might be tough to sway people who are reluctant to — or simply can’t — escape from work at lunchtime.

“Involving culture is incredibly difficult,” said Consalvo, and added that he’s considered establishing an additional 7 a.m. session, that when it comes to making time, it’s midday. “All we’re saying is, instead of paying \$10 for a Date, a sandwich and Facebook, you could be paying \$5 for the chance to run around.” ☐

INFO

Visit recco.us to learn more about Recco and sign up to play.

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Fit Foodies

Vermont culinary professionals are slimming down

BY ALICE LEVITT

When I became a full-time food writer in 2008, I stopped weighing myself. My huff (or lack thereof) was never of any concern to me. I'd eat as much as I wanted my whole life, and with my height of just more than 5 feet, the number on the scale had only ever grazed my digits. So why worry?

Within a year, I was wearing my old clothes no longer fit, but that was no surprise to someone who ate out for half her meals. It wasn't until I began having gastrointestinal problems that it occurred to me that my eating was less than healthy.

During the spring last spring was my wake-up call. Hearing how much I weighed stopped me in my tracks. In 11 years, I had gained more than 40 pounds, nearly 50 percent of my former self.

Culinary pros will always put their bodies on the line to cook, pour and taste food and make it better for their customers, their consumers and their readers. But there are limits. Here's my story — and those of three other prominent local foodies who recently made changes in their eating and exercise habits.

I happened to kick off my career at an especially opportune time for my weight loss. While vegans and gluten-free eaters may be getting traction in some circles, most serious food lovers have been rolling in beef, yellow and cheddar, in our "every thing's better with ham, even ham" culture, eating portions may not be enough. For me, even *moderation* was a challenge, but nonetheless damage from seven years of neurolytic disease has left me unable to sense my own satiation. If I ate something enough, I could keep eating until I approach vomiting.

Once I recovered so, evenly from surgery, I slowly worked my way up to bringing the gas in or out twice a week for cardio and weights. When I couldn't



**I HAVE TO EAT EVERYTHING.
I LIKE EATING EVERYTHING.**

STEVE ATKINS

make it, I tried to do some cardio biking on my Wii Fit.

By the time I arrived at Ideal Weight Solutions in South Burlington, I had already shed 30 pounds. Through my general practitioner, a former colleague of Robert Atkins, I thought *20/20* prescribed diet would be too strict for me. I started buying food from the storefront. On days when I didn't have time to make lunch, I used a protein powder shaker to mix up creamer-enhanced chicken tikka or creamy nachos on soup, and I was an astronaut.

When I did cook ahead, lunch might be a few slices of local, grass-fed brisket or a spiced-rubbed, roasted chicken thigh with behavior-delicatessen squash and kale salad. Without even cooking it, I had good plans.

Grits are now part of my life only when I have to eat them for work. Unlike strict proponents of clean eating, however, I haven't cut out dairy. My favorite dessert is low-fat Grand yogurt with a whiff of honey and dark berries mixed in. And I cheat whenever I eat for work, which makes it much easier to stick to my very fit diet the rest of the time. The diet obsession that, when I'm reviewing a restaurant, I don't eat the whole pork shank anymore. Now it's more likely to last me a couple more meals, mixed with greens and oven-cooked eggplant.

I've lost 30 pounds and am back to a size 2, but I'm not ready to stop yet. I admit I'll ever weigh less than 100 pounds again, but I feel the hardship I have as my adult life. This is even better than wearing a larger-sized coat.

And I'm not alone in feeling that way.

Mara Welton, Farmer, Half Pint Farm

As chapter president of Slow Food Vermont, Mara Welton does more than her fair share of dining out with friends. At the end of 2011, during one of those meals, she had a thought that would change the change of her diet. "It was sort of reflecting and looking around the table at all my friends," Welton recalls, "and I was thinking, 'Oh, my goodness, we are all getting a little chubby. Is this lifestyle sustainable?'"

Welton considered that question in the negative after she started herself losing her weight "along dumb things" such as climbing stairs and even trying her shoes. She took a few months to start herself for a major lifestyle change, and in March 2012 she and her husband, Spencer, began the Atkins Michaels Body Revolution Plan.

Welton describes the 90-day regimen as "a severe weight loss plan." She did daily workout videos and ate a diet consisting of three meals plus two snacks — more food than Welton was used to eating, but focused on lean protein and veggies with a few grains. Her daily calorie was restricted down to 1000 to 1200 calories, depending on the intensity of the accompanying workout.

At the end of the 90 days, Welton had dropped 33 pounds. Once she was done with Atkins, she kept those pounds off by staying active as a farmer and eating small portions. Reinforcing her goal

PHOTOGRAPH BY JEFFREY

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SIDEdishes

BY CORIN HIRSH & ALICE LEVITT

Rusty Nail, Resurrected

LOWE'S CROUSE, 340 AND WEST VERNON, IS BACK. KROUSE'S SPIES (SO SOME WILL RECOGNIZE THE WELL-KNOWN RUSTY NAIL) AT 1190 MOUNTAIN ROAD.

A trio of partners just closed the 45-year-old venue earlier this month for \$1.2 million and plan to have it up and running by Presidents' Day weekend under the same name. "This has been here since 1969, and we're going to let that history ride," says GARY KROUSE, who will manage the space with owner CHRISTOPHER DAVIS.

In its days as a curiously burlesque at CAMP WINTER & WINTER, the nearby restaurant co-venue by BILL BAKER. Davis is the third partner who purchased the 9,500-square-foot Rusty Nail building in January. O'Grady says that he and his colleagues plan to hook up almost all of the 24 taps to Vermont beers (Gutierrez

The most recent iteration of the Nail closed just about a year ago, but the building's previous owner — Milwaukee-based original Star Spanglers — had it on the market long before that. In March 2012, the Rusty Nail was listed for \$1.45 million. According to town records, the new owners paid \$23,156 in delinquent taxes when they took ownership.

After riding out the remainder of the old season, O'Grady says, he and his partners will complete "minor renovations" to the building in the spring. Perhaps the process has already begun: Earlier this week, an observer could see workers chipping a stream of crates and equipment out the back door and into a dumpster.



— C.H.

Loco Flavor

TWO LOCO GUYS TO OPEN IN BARRE.

Barre has long been a city where most fast-casual options are exclusively of the pizza-and-sal variety. But next Monday, Jan. 20, the North Main Street will get a much-needed global shot in the arm when TWO LOCO GUYS opens there.

According to KATHY HARRIS, co-owner with MICHAEL MURPHY of the new restaurant and Barre's COMMUNITY PUBLIC LIBRARY, the lifelong friends are seeking to add variety to the downtown scene.

Two Loco Guys' basic concept is a familiar one: Counter staff assist burrito and bowl-to-entomment specifications using a wide range of ingredients. Patricia says the set menu includes eight different combinations, including Thai, Indian and Cuban burritos. Each of those composed dishes is begun by default before diners add a choice of house-cooked protein: marinated tofu, braised pork, grilled chicken, steak or ground beef.

Guests can sit at one of the 34-seat venue with a wrap or bowl of protein and veggies made to their specifications.

Two Loco Guys owes that area flexibility in part to its location in the front portion of Caruso's, which is a storage building. Burman and McElfresh recently purchased a catering truck to transport food to client locations. Come spring or summer, they may make the vehicle do double duty as a food truck, bringing Barre's favorite dishes beyond North Main Street.

Fine of the duo's here can look for updates on Facebook, but about the food truck and about Two Loco Guys' soft opening featuring free burritos. Patricia says he'll announce a date this week between Wednesday and the following Monday.

— A.L.



will be the only exception) and to serve classic pub fare such as burgers and wings. They're also plotting a robust schedule of live music, including "some national acts," O'Grady says. The lack of a music venue in the spot, he adds, "has been a hole in the local scene."

Crumbs

AT CROUSE, THERE'S BEING GOLF CASH. BUILT CHANGES NAME. NEW PUB IN COLLECTOR HOUSE TO GOIN' STONE.

Chefs need down time, but starting on Sunday, January 14, the staff at Crocus's will no longer get Sunday off

That's a major gain for diners. According to general manager WILL AMSTON, "A lot of our favorite restaurants are closed on that day. There isn't much [open] on Sundays, and what we wanted to do is go to a more laid-back, casual version of what we usually offer and make it more accessible to people."

Translation: Casual Sunday Supper nights will feature three courses for \$30. Menus will change weekly but will always include three or four options

per course, plus verbally communicated specials.

Diners who made a reservation early in the new year may have found themselves eating at a different restaurant. Last Tuesday, the South Burlington steakhouse changed its name to **WOLF**.

According to the **AMHERST GROUP'S** director of marketing, **AMBER HARRIS**, the switch is due to a slow



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SIDEdishes

CONTINUED FROM PAGE 41

concept change. "Over the past year, we've expanded our menu and added more casual, tavern-like fare," she explained via email. "Especially we came to the conclusion that the name Guild & Company no longer seemed to fit with the experience we were offering."

The two-page menu now has tavern fare such as burgers and fish and chips listed on the first page along with appetizers, salads and soups. Entrees such as crab cakes and smoked trout are dry aged, wood-grilled sticks.

Since starting life in 2008 as Doggys Café and Woodley's Pub, Colchester's 18 Severance Green has seen more name changes than Lia Taylor. But an established restaurant is hoping to lead the culinary merry-go-round when he opens his newest eatery early this spring.

DAVE NELSON, owner of MCGILLICUDDY'S Irish Pub in Montpelier, MALLARD'S Irish Pub in Barre and, most recently, MCGILLICUDDY'S Irish Ale House in Wilkes, is currently overhauling major renovations to transform the Colchester address into MCGILLICUDDY'S IRISH ALE HOUSE.

COMING SOON

ON THE GREEN
COLCHESTER, VT



that years in the restaurant business left her in the unhealthy habit of eating big meals late at night. Her current job involves helping food businesses craft their market strategies. It often takes her out of her home kitchen and even to suburban cities, where she eats all her meals at restaurants.

Last year, Schenapp says, she became more mindful of what she put into her body and how she burned it off. But as she doesn't measure her success quantitatively, Schenapp says there was no magic bullet when it came to achieving weight physique. "I still eat and drink all

my favorite things. I will have generic restaurant meals, so in terms of counting, for me it isn't so much what but how," she explains.

When she focuses on writing, as she increasingly does in her career, Schenapp says, it's particularly important for her to have silent time. That means reflecting after lunch with no activities, such as she takes part in outdoor activities year-round, keeping or getting out for a hike in the summer, skiing or snowshoeing in winter.

Naga has also been an important part of Schenapp's transformation. Returning

ON THE GREEN: Once his latest opus, Nelson says, the high-traffic area, complete with a brand-new dock, will offer 20 beers on tap and "light-end, home-style pub food." Look for house-cured corned beef and Guinness-simmered burgers.

Stone's Redline Inn & Restaurant closed in late November after 35 years in business. But the Italian food inn t goes for good. CHERRY AND KATE NELSON reopened in the same building just after Christmas as HOPKINS & CO.

The same fare that made the new dining staple is now available for take-out Wednesdays through Sundays from 3 to 8 p.m. Dishes such as maple-braised meatballs and chicken piccata with pasta go for \$12. Bob Nelson says to look for the menu, which also includes baked goods and a grab-and-go case with salads and soups, to expand soon.

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to duty sessions has had visible results, the businesswoman says, and it's helped calm her mind, reducing fat-creating stress.

Calling herself "a perpetual work in progress," Schenapp says she credits the gym life the plague. But her new shape seems to be sticking, thanks to a simple balance of calories in and calories out. During a visit to Italy's Piedmont with cheese makers last September, Schenapp says, mountains of foie gras and vino didn't stop her from hiking her ass off. ☐

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Sensitivity Siege

How restaurants cope with the surging trend of food allergies and intolerances

BY CORIN HIRSON

Dining in a London restaurant a few years ago, I received an order of pan-seared halibut with a sauce. When I asked if I might have a less starched version, the server sneered, and my boyfriend slumped in his chair, mortified. In England, I learned at that moment, you eat what you are given — no complaints, no substitutions.

I thought of that incident recently when a Portland, Ore., restaurant named On posted to Instagram a photo of its kitchen plastered with bright-yellow Post-it notes. The notes displayed the dizzying range of apparent food allergies and restrictions at the restaurant's New Year's Day tables: 11 gluten allergy, 16 one vegetarian, 43 one lactose intolerance, one egg allergy, 17 one crab allergy. And so on.

The post went viral. Restaurant staff and media outlets around the country, including a few in Vermont, shared the photo on social media. One commentator on a Huffington Post story noted, "It's out of control, at least in Portland."

According to Food Allergy Research & Education (FARE), 15 million Americans have food allergies, and the Centers for Disease Control and Prevention reports that food allergies among children increased by 50 percent between 1997 and 2011. Theories about the reasons abound, everything from antibiotic use to processed food as a possible culprit. As FARE writes, "The number of people who have a food allergy is



growing, but there is no clear answer as to why."

With or without explanations, kitchens need to respond. "In the last year and a half [it's really gotten bad]," reports Michael Wernke, executive chef at Prohibition Pig in Waterbury and a 20-year veteran of the restaurant bar. "And by bad, I mean it just seems like every ticket is a special order of some kind."

Wernke says gluten-free requests are the most common, but diners with restrictions run the gamut from

meat-free orders to those who aren't just allergic to almonds such as garlic, seafoods or onions. "Sometimes I play a game with all of the tickets that I read, and try to figure out what the real motivation behind the order is," she chef says.

Still, Wernke and his staff work hard to please every guest. "It's not always easy. This is a really, really small and really busy kitchen. We're set up to crank out food, and sometimes there's a special request, we have to try and say, 'All right, how do we do that?'" Wernke

says. "That takes extra time that slows every other ticket, which is unfortunate. But at the same time, you can't alienate people for making special requests."

And the kitchen can't always please its diners, try as it may. For instance, Prohibition Pig is not an entirely gluten-free facility and cannot — as a patron once requested — keep a separate fryer and cooking surface for gluten-free food.

How "safe" are all these reported allergies? Patsy McKibben, a clinical dietitian at Fletcher Allen Health Care, confirms that her department is seeing more patients with food allergies and celiac disease, in part because, she says, "A lot more people are aware of it."

The staff occasionally helps patients delineate between true allergies and intolerance. "An allergic reaction is one that is activated by the immune system and triggers things like anaphylaxis and hives," McKibben notes. "I think some people come in with a food intolerance that they think is an allergy."

The sciences and science of dietary restrictions are impenetrable to Sue Beth, the owner of Bluebird Tavern and Bluebird Barbecue in Burlington. "It doesn't matter to us what it is or 'allergy' or a 'preference.' It's important for us to take care of guests," she says. "If you're going to go out and spend money, you want to make sure your needs are met."

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Just the day before air conversation, Butte held a meeting with staff to keep them on point with special requests. "It can be viewed as a burden, or it can be viewed as taking care of people," she says. She understands the stress that allergens can put on chefs "who have put a lot of time into composing a dish and then need to deconstruct it."

But, Butte adds, "This is going to be part of the industry and I think that's OK."

Dawn Boecher, co-owner of Boecher Family Farm in Hyde Park Center, is a foodie who calls herself "severely allergic" to wheat and soy and sensitive to nightshade vegetables, which include tomatoes, potatoes, chiles, peppers and eggplant.

Once Boecher pinpointed the foods that were causing her distress — via a food diary — she embarked her dining-out from roughly six days a week to "only once a month, if that." She also instituted a new set of guidelines: "I enter out anywhere that I haven't had a take-away meal from at least twice — it's the old 'trust no one' idea," she writes in an email.

"But really, the commitment [at a restaurant] has to be more than printed on the menu," Boecher continues. "Everyone on staff has to be on board and live up to the declaration they can cater to allergies."

Boecher is a fan of the gluten-free menu at Leaning's Bistre and American Flatbread in Burlington, and she frequents Uno Pizzeria & Grill, Sorducci's in Montpelier and the My 3-Five 11 diner in Swanton. However, she stops short of making special requests. "I consider it rude and unjustly entitled in attitude to make special requests off-menu, unless I have a relationship with the owner, or have called ahead to see if they can accommodate me," Boecher writes. "I would never do that, and would instead expect in my dinner party who would direct so especially on a price-free menu or a bakery."

The owners of Pizzeria Verita in Burlington had guests like Boecher in mind when they planned from the start to serve gluten-free flour and to bake gluten-free crusts in a separate oven. "The product is more costly, from the ingredients to the prep to the gas oven that is fired up all night waiting for

a few pies," writes co-owner Leslie Wolfe. "But our completely gluten-free customers tell us how much they appreciate the effort and the effort, so it was the right decision."

Though Prohibition Pig steps chart of providing a dedicated gluten-free menu, it tries to guide special needs diners by indicating "V" beside vegetarian items and "G" beside gluten-free items on the menu. The practice is becoming more common — Gray Bistre & Brewery in Stowe does it, too. Other establishments, such as Simon Pearce Restaurant in Quechee, focus on training staff to guide guests through menu choices.

"I've been in the restaurant business a long time, and I don't ever remember it being like this," notes Kevin King, the wine and beverage director at Simon Pearce. "Some people have deadly food allergies, and the staff needs to be informed."

Whenever the kitchen rolls out a new menu, King says, "Before we even go live with it, we offer very in-depth descriptions of all ingredients, as well as cooking terminology to staff. They have to

be very informed, because they have a bigger role than in the last few years." The restaurant has also made a commitment to sourcing wine that is produced sustainably, using fewer pesticides or additives that may cause allergic reactions.

Worcester has food allergies of his own, including sensitivities to a few fresh fruits and vegetables. He creates easily customizable versions of dishes, such as the chicken papas he thickens with a rice-flour roux — "and if you order it without the hummus, it's just a gluten-free," he adds. (Worcester sometimes tests these recipes on a coworker with celiac, whom he calls "very brave.")

When he's brought with special-request tickets, Worcester wonders if "it might be my karma reaper." When I was 20, I went into a little Mexican place in Raleigh [NC] and ordered the steak quesadilla without nachos," he recalls, "and when it came with nachos, I said, 'I can't eat this. I'm allergic to nachos now.'"

Was he? "No, I've never been allergic to nachos," Worcester admits. "I just didn't like them at the time." ☺

I'VE BEEN IN THE RESTAURANT BUSINESS A LONG TIME, AND I DON'T EVER REMEMBER IT BEING LIKE THIS.

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485

by **HHenry**, via **Edie**, **Don Marinas** Or also
Book: *Contemporary experiences of the true Texas*
surrounding the sexual-rebuttal bill in
Texas, at which Lindbergh goes on figures for
more as a national story. *Early* *Halliday*
L. *James* *West* *London* *Don* *Free* *July* *2013* *2130*

David A. Brink

WEEKEND CUP WIN & DRINK Don't miss out on the weekend fun by joining four venues for a sampling from Lake Champlain Cheeseries: Edie Cheese and more. Dark, Burlington 4:30-8 p.m. \$10. Info: 802-249-8323

Availability of Resources

escheVing Health goals Clinical escheVing Ad is a Fellowship training program for training up weight loss based program. 2022 and more. Community Based Hunger/Hunger Co-op. Monique 813.915.1111. monique@escheVing.com Info: 212.800.0000 ext. 1011.

Dear Dad: I love you. Every day is my favorite day. I
Michelle Robbins of *Trade and Dirty Therapy*
discusses common psychochemical exposures,
their effects on a wife's health, and life. (Don't

All my **Measured Life** my **Philosophy** \$ 20 per copy from
Lulu, 8 28-4300

Mountaintop still Eureka page Using different
and group work. Let's follow up on the page
through a presentation: combine a table with
the presentation. See the page. Mountaintop
Mountaintop, 8.30 T 30:00. Donations: info
304.1333

4. Impact: Researcher interviews participants about their embarking and exit define the high-intensity physical fitness program. North Carolina A. State University. 2013. July. 2013. 2013.

WHEELAB group *Join the class:* Intermediate and advanced student group (the physical and mental limits) in a challenging program. The Wellness Collective: Burlington 5:30-8:30 pm, \$18-22. *See the instructors' page for info.* wccn.com

1.1.9.

Analysis: NE pluggenups Drawing tables and their parents complete for playtime and sharing. Gwendolyn King, Manager of Library, Wilkeson, 10 30 a.m. every. For more information, call 838-7610.

See ME Wear It Right: Albany College of Pharmacy and Health Sciences students used Test through eight graders with reading, math and science assignments. Fletcher Free Library, Burlington, 2006. Free info: 800.225.6

Wages left in school fund Trikers of all ages will structure with interesting school papers. Public Community Library, 3-6 30p on free, 1st floor, 2nd floor.

MIDDLE school: please Drs B. Hild-Drs L.L. Iversen on projects 6 to 8 plan coal projects for the library. Research Library, Evans Junction. 9 302-8 2
www.library.org

grilshand art show HirsPflanzenweg 3
In Sand their subtle, surreal, and creative with
painting, dry-sculpting, collage and more. One's
Studio, Sand, open 10-4 am. \$20 per poster
(444) 444-4444

story time & playgroup Engaging parents will make the way for children and reading progress. Join our Parents Library. Free coffee! 10-11:30 a.m. Every week. 4244 24th St.

Slimy Lake with Exposure M Tylers gather for charmed lakes and art waters. Observatory Point ECHO Lake Aqueduct and Science Center Dredging Study

story table for 3- to 5-year-olds

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Frozen Fête

What is to be with chilly temperatures, snow and ice? Head to the Watkinsbury Winterhouse, where a wide array of events inspires folks to embrace Mother Nature's colder side. Seasonal demonstrations, are sculpture and a Nordic six race took off 10 days of activities for all ages and skill levels. Hours of friendly competition include a ski race, cross-country and winter mountain biking, while complementary are skating, sledging, snow-shoe building and a giant Christmas tree lighting. A poetry slam, theatrical presentations and senior opportunities on Martin Luther King Jr. Day round out the festivities while sipping into the cozy atmosphere.

Wald F-value V Df Error Df F Stat

Friday, January 17, 8 a.m. - 1 p.m. Saturday, January 18, 8:30 a.m. - 9 p.m. Sunday, January 19, 8 a.m. - 9 p.m. Monday, January 20, 10 a.m. - 3:30 p.m. Tuesday, January 21, 10 a.m. - 9 p.m. Wednesday, January 22, 8:45 p.m. see website for future dates at www.WaterburyMuseum.org \$5. Info: 860-5708. Info: waterbury@waterfordmuseum.com



Memory Keeper

Joan's Henry Miller's *If Only You Could God Follow Direction* is an extraordinary memoir, in a series of linked autobiographical essays, the first written retrospectively the given by forging a biography in force of meaning back and forth through time. From outside this dual approach comes her story. Beginning with her childhood outside of Philadelphia, Nelson explores the conditions that shaped her life — specifically those with her mother and brother following her father's death. Driven by themes of addiction, mental illness and the struggle for stability amid ongoing chaos, this unfinished debut explores complex family dynamics with open eyes.

ISSN: 0013-7928/95/0005-0000\$05.00/0

Thursday January 18 Tr 11-12 Phoenix Tucson Burlington Free Info 442-3333
rhoadsbk@bix

JAN 17 & 18: THEATER



In Sickness and in Health

In *HOSPITAL*, a new play by Fabrik, a Toronto-based collective of theatergoers, issues take on the go-to filmic dramatic scenes and directorial personification with music, video, the computer, and a multimedia ensemble of modern medicine. In *HOSPITAL*, a new, low-budget, face-to-face production by Fabrik, the work is a documentary that is a personal experience. The members — most of whom have battled poverty, homelessness, and a variety of other issues — tell their story from birth to death.

'HOSPITAL'
Friday, January 17, 7 p.m. at the
10, 11 p.m. at the 12, 13 p.m. at the 14
Central for the Arts, 1000
Kingston Rd. \$5-\$25
see the troupe info



Rhythm Nation

The speed of April Verch's dancing feet is pretty much the only thing that matches the speed of her bow. A native of Canada's Ottawa Valley, the award-winning fiddler and singer dancer was exposed to the region's rich Franco-Celtic musical heritage at an early age. Also a singer-songwriter, she channels those strongly rooted traditions into bluegrass, country, old time melodies and originals along with upright bassist Cody Walters and guitarist Blakey O'Brien. This foundation, she three deliver an energetic show of toe-tapping tunes, including selections from their 2013 release, *Angie's Edge* Gold.

APRIL VERCH BAND

Friday, January 17, 7:30 p.m. at Chamber
Music Hall in Bendale \$15-\$25 info: 708-
6646 chambermusic.org

JAN 17: MUSIC

DISNEY'S TAHOE PRINCEDOMS Disney took off the weekend with reproduction costumes and makeup. No prior necessary, but class smush said it should be completed North End Studio & Burlington, beginning 11:17-13:00 p.m. Info: email: 252-330-1100 or 252-330-1100

Arts & Festivals

WINTERMOUNT WHITEHOUSE Lakeview in all winter has to offer with family friendly activities including: winter sports, mountain biking, snow ball games and more. See whitehouse.org for details. See children's page for more. Located: Winterbury 8 a.m.-3 p.m. Info: 252-330-1100, 252-330-1100

Film

WINTERMOUNT FILM FESTIVAL In honor of Martin Luther King Jr. Wintermount will bring a free film series to the mountain. See mountain.org for details. See: 252-330-1100, 252-330-1100

Gifts

ALL THINGS BORN GAMES Project of 28 gift sets for the kids to see with their own. American and European games. Adult supervision required for children. Robert Miller Center & Burlington, beginning 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

Health & Fitness

ARL YOGA CLASS Yoga instructor Jessica Pratt introduces traditional yoga moves into stretching and breathing exercises. Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

GIORGIO PATERO THERAPY Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

INTERMOUNT TOWN Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

Kids

CHILDREN'S STORY TIME Building bookends for two pages in themed, weekly programs. Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

CRAYONS Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

EARLY BIRD MATH Inquisitive minds explore mathematical concepts with songs, games and activities. Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

EVERMOUNT OPEN GOLF & ACTIVITY TIME Supervised indoor is great for all ages. Info: 252-330-1100, 252-330-1100

NEWBORN HELP See 252-330-1100, 252-330-1100

HABIT & THE BATHING Series of cards for the weekend with adult supervision. Info: 252-330-1100, 252-330-1100

MUSIC WITH A STORY Music series of all ages. Info: 252-330-1100, 252-330-1100

TONGS & STORIES WITH MARTIN Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

TONGS & STORIES WITH MARTIN Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

YOGA CLASS WITH CHERRY LAFORCE Located: Mountainview 11:17-13:00 p.m. Info: 252-330-1100, 252-330-1100

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BURLINGTON FURNITURE COMPANY

HAPPY NEW YEAR! WINTER SALE



\$100 OFF

Top Purchase Of \$1000 Or More
Excludes Mattresses & Appliances

\$200 OFF

Top Purchase Of \$2000 Or More
Excludes Mattresses & Appliances

\$300 OFF

Top Purchase Of \$3000 Or More
Excludes Mattresses & Appliances

+ OUR \$1,000,000 CONTEMPORARY & MODERN FURNITURE CLEARANCE SALE

We need to make room for new products! Hundreds of items are reduced 50% or more! Now is the time to save. So!

COME IN NOW - WHILE THE SELECTION IS BEST!

*See website for participating stores. End on 1/31/12. While supplies last.

388 PINE ST. BURLINGTON • 802.463.5056

info@burlingtonfurniture.com • New Year Sale 1/1-1/31



Join your friends at the 17th annual Kids VT

Camp & School Fair

SATURDAY, FEBRUARY 1

10 AM - 3 PM

BURLINGTON

HILTON

Free!

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events

WINTER WORK CAMP Crest country skiers meet again this week in a weekly 5K winter wonderland. See www.crestcountry.com for details. **Drop In** Family Lodge Moose Center, State St. 9 a.m. - 4 p.m. \$5. Info: 253-5750

movies

CARTOONIST WINTER CLASS Library enthusiasts immerse the month through assignments: journal entries, reading, sharing and illustrating. Book titles available. **Library Public Library** Montpelier 10 a.m. - noon. Free. Info: 249-8393

WED. 22

community

WINE SHARE: NEW INFORMATION SESSION See 1/24/21 6:30 p.m.

WINE SHARE: WINE TASTING INFORMATION SESSION Those interested in expanding their wine or expanding programs meet with staff to learn more. **WineShare Vermont, South Burlington** 12 p.m. Free. www.winesharevt.com 253-3623

etc.

SALUTE SHOP: FEATURING THE SALON Local prizes for jewelry, bath or craft items, plus a donation made. **Big Picture Theater & Café**, 1000 Main St. 5-5:30pm donation. \$2. **Montpelier** Info: 458-1800. www.bigpicturetheater.com

fairs & festivals

STEWIE WINTER CARNIVAL See 1/24/21 8 p.m.

WINTERFEST WINTERFEST See 1/24/21 6-8:30 p.m.

films

WINTERFEST FILM FESTIVAL See 1/24/21 6-8 p.m.

food & drink

WEDNESDAY WINE DOWN See 1/24/21 4:30-8 p.m.

performances

GARAGE UNEMPLOYED Serv's, Montpelier area players hold a through 12 a week variety of house parties. Including **Carla's Bar**, **Serv's of Color** and **unemployed Garage** **Montpelier** 10 p.m. - 12 a.m. Info: 253-3328

health & fitness

CREATING AN HERBAL MEDICINE DIET FOR COOL & WILD Clinical herbalist teaches 2000 patients about the support immunity in relation to common cold, flu and allergies. **Community Health, Hunger Mountain Co. at Montpelier** 7:30 p.m. - 9:30 p.m. Info: 253-3328

WINTERFEST: A COOL WINE See 1/24/21 6-8:30 p.m.

WINTERFEST See 1/24/21 6-8:30 p.m.

holidays

HANUKKAH LUNCHEON See 1/24/21 12:30 p.m.

WINTERFEST: A COOL WINE See 1/24/21 6-8:30 p.m.

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Support a woman making the transition from prison back into the community



Having a strong, proud woman in your life who believes in you helps you feel like you are worthwhile in the world.

Are you a good listener? Do you have an open mind? Do you want to be a friend and make a difference in a woman's life?

The influence of a mentor can profoundly affect a woman's ability to live successfully on the outside. We're looking for you, you're free to contact us to find out more about serving as a volunteer mentor.

Make a difference today! Contact: **Prison Connections** (802) 844-7165 www.prisonsupport.org

Mentor Orientation begins February 5, 2004 at 5:30pm



235 South Champlain Street, Suite 88
Burlington, VT 05401 • (802) 844-7164
www.mercyprisonmentals.org



Pregnancy is so much more than just your due date.



The providers at Central Vermont Women's Health know that every step on your path to childbirth is an important one.

We offer personalized attention and support from the early stages of family planning through the time you are at home with your newborn.

We want you to have the birth experience you desire.

We offer natural birthing options in addition to everything you'd expect from a modern, well-equipped hospital like Central Vermont Medical Center. And although you or your baby may never need specialized care you can take comfort in knowing that the board-certified obstetricians at CVWH are always just a phone call away and offer the security of comprehensive care.

There is nothing more important to us than your health and the health of your baby.

Please call 371.3961 to schedule an appointment.

We look forward to meeting you to talk about your growing family.



Central Vermont Women's Health
A CVMC Medical Group Practice / cvmc.org

38 Fisher Road / Med Ridge A, Suite 1-4 / Burlington, VT 05402

Phone: from Mt. Mansfield Road and Fletcher Street, 802-233-7333; from Vergennes, 802-233-7333; from St. Albans, 802-233-7333; from Montpelier, 802-233-7333.

you know them? Customers think they're after business ideas, and figure out what you need as a business. In our program, a close team of advisors at post-grad technical information resources will support you as you get set and move ahead making environmental decisions about business in your life. Sat., Jan. 10. We are at the Davis-SEAS, 6000 University of Wisconsin, Room 1000. Please call: Small Business Programs, 225 North Champaign St., Sterling Heights, Wisconsin 53091. Business Programs, Davis-SEAS, 6000 University of Wisconsin, Room 1000. Please call: Small Business Programs, 225 North Champaign St., Sterling Heights, Wisconsin 53091.

GETTING THERE: 1 AM

INTRODUCTION TO SELF-EMPLOYMENT meets Tues. Jan. 8 & Sat. Jan. 12 noon-4 p.m. Cost: \$25 (person's donation). **Winston's School of Business**, Program of Minority Entrepreneurs, 233 South Thompson St., Washington, N.C. 27680. Phone: 848-2110.

computers

**WOLFE: COMPUTER CLAIMS
DO NOT EXCEED \$100K**
BY JAMES WOLFE, JR.

lugs for all eyes. Computer & Internet usage. ORDER: iPod, 8 (iPhone), Inquest: Your Ink and Experience Windows. Usually the best central file is used. That's not Windows.

[illegible]

cooking

DEALY TURNS AROUND
 DEBATES W. BROWDER'S CASE

Leave the kennel free after the dog is released, so that it can keep its kennel clean and tidy. If the dog is not clean and tidy, it will be taken to the kennel and cleaned.

[illegible]

28. Huntington, 1978, pp. 10-11
www.oxfordjournals.org

**SAVED! WINTER TENTS WITH
WOLF-POE PROTECTION** www.wolfpoe.com

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SHOWN FOR TWO LAYERS, CHARGE IS

ASTORIA Explore the No. 1 wine grape vineyard on the Willamette in Astoria, Oregon. Enjoy a harvest-orienting and conversation with Kate Tumbler, head of vineyard at Shattuck Farms. Meeting at Center Pointe II and Jeremy Klayman, Inc. for an evening under an Oregon Coast Farm and press-out of the Willamette Coast. Contact: 1-800-451-4514. www.astoriawine.com

craft

**WOODS CRAFT CLASSES IN
HUNTINGTON AT 11:00 AM**

ED-400L 300 offerings for all ages. Machinery: Wood Turning, Woodworking, Machining, Carving, Pottery, Rug Weaving, Wood Drilling, Wood Carving, 3D Printing, Sewing, Fiber, Needle Felting, Quilting, Soap Making, Metalworking, Glass, Pottery, and more. Personalized Learning: Customized Learning Paths, Project-Based Learning, and more. Location: 1940 High School 369 (20) St. Petersburg, Italy 480-784-4000, www.ed400l.com



dance

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Location: Home at Pigeon Center
100 Laurel St., Blue Hall road to
Spauld County Center & Washington
info: 404/3936 Agents: ryan@pigeon
usually we discuss. Answering: 404/3936
info: 404/3936

FEELING HOT, SWEET-ON-CHOCOLATE.
LEMONADES: Lemon the best yet

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'I Claim the Blues'

Blues man Guy Davis talks about music, acting and his formative years in Vermont

BY DAN BOLLES

Guy Davis, 61, wears a lot of hats. He is a well-regarded actor, writer, composer and director that if not said foremost: There is a blues man.

Blues music and its related traditions are at the core of everything Davis does. From writing and performing his own stage plays to recording each of his 16 albums, including his most recent, *John Davis*. That feature several Davis songs alongside with classic soul blues songs by seminal artists such as Blind Lemon Jefferson and Bertha "Chippie" Hill, among others. Davis' versions of songs such as "See That My Grave Is Kept Clean" and "Some Cold Ratty Day" help to drive a line from early southern blues music and his own works, collectively illustrating why Davis is widely regarded as a north blower for both blues tradition and innovation.

In advance of his show at the Ten Bridges Town Hall this Sunday, January 26, as part of the ongoing MountainFolk Concert series, Davis spoke with *Blues* by phone, one day after he gave a rare act at a North Carolina prison.

SEVEN DAYS: You have a significant connection to Vermont. You went to summer camp here, correct?

GUY DAVIS: Oh, yes. That was decades ago. A summer camp called Redfoot. I can only speak of using the song. I can't tell it straight out. I was then the age of 11 to about 13. But that's where I got my hands on guitar playing and I've string being playing.

SD: And Peter Seeger's brother ran the camp, right?

GD: Yes, Peter's brother, John. He was the head of the camp.

SD: And you have a connection to [Vermont folk singer] Rick Parker?

GD: I've known him for years. I met him through Pete Seeger back in 1978 in New Jersey. We were in a group together called the Sleep Singers. One of those, I've known him mostly through Pete and through gatherings that had to do with the Clearwater [Hudson River Sleep] site had to exist in Vermont a few years ago for a gig at the Chumbe Valley Folk Festival. I stayed with Rick and his wife. He was very



good friends with Dan Phillips. And when he asked if I would play the folk festival, I told him yes, but that he had to pay me one dollar less than he paid Utah.

SD: You've pursued acting alongside your music career. What were some of your acting highlights?

GD: Oh, let's see. I was in a movie called *Jazz Singer* in the '90s. And I was in the soap opera "One Life to Live."

SD: What, really?

GD: [Laughs] Yes. I played a doctor.

SD: Well, of course.

GD: Most of my acting has been onstage. I've been in about 15 or 20 theater troupes a company. But the highlight of my acting career has to do with a place that I wrote called *The Adventures of Philip Waters in*

**I'M HOPING THAT PEOPLE
COME AWAY FROM MY
SHOWS FEELING GOOD,
UPLIFTED IN SOME WAY.**

GUY DAVIS

and with the Blues. It's the story of a babe and her life as a porch, drinking rider as her, telling stories, tell tales. The most significant contrast is how he leaves home and if she a babe ramp and how it changes his life. But it's such a powerful in a lot of different ways—one act, several acts. It's beautiful, it expands and contracts.

SD: You just performed at a prison in North Carolina. How did it go?

GD: It went well. There were about 200 prisoners there from a population of about 400. It was a good thing, if only for me to be able to let them know that I was. I think they appreciated it.

SD: Why was playing a prison important to you?

GD: It's important because these people are shut away from society, regardless of what they have or have not done. There are certain things that are very human that I'm trying to appeal to. I'm hoping that people come away from my shows feeling good, uplifted in some way, and feeling that whatever need to stand up in it is, they have the same reasons, spirit, them. I may have more musical skills or performing skills, but these are real life. You can get worse, you can get less. But there is a creative spirit that lives in all of us. And I want these folks to see that, because they might need to see it more than anyone.

SD: On your latest record, *John Davis*, you paired your original songs with some classic old blues tunes. How did you decide which covers fit best alongside your own music?

GD: I approached the record very freely. I don't construct myself. I just do what feels good. So some of those songs were ones that I loved but maybe I had never heard before. Like "Some Cold Ratty Day" and "See That My Grave Is Kept Clean." I want the world to hear me doing these, to be a degree. But really I want enough of the quality of the song itself to come through so that someone might say, "Well, how does Blind Lemon Jefferson sound when he sings this?" How does Bertha "Chippie" Hill sound when she sings *Some Cold Ratty Day*? So I think that my playing reveals alongside my own music tells people that I mean the blues. I've decided I don't need to add anyone's poem except to put my songs with older, well-known classic songs. I just happen works it.

INFO

Guy Davis Sunday, January 26, 7:30 p.m. at the Ten Bridges Town Hall as part of the MountainFolk Concert Series \$25/20 AA. mfolk.org

soundbites

BY DAN BELLES



In the Year 2014

At the start of a new year, it's become tradition in this column to gaze ahead at the calendar and make some generally silly predictions about the year to come in local music. Typically, that piece would run in the first column of the year. But due to the circumstances and time of last week's issue — a memoire for **ANDY "LOU-BIRD" WILLIAMS** — it seemed crass to run it then.

So here is a slightly abridged version of that column, in which we again gaze into the crystal disco ball to see what 2014 has in store. As always, these predictions are not to be taken seriously. After all, in the seven years we've been making them, not a single one has come true.

After **FRANK FURT** made **VERY AMATEUR** successfully lobby the Seattle Seahawks to play the band's song "White" at Seahawks home games throughout the 2013 NFL season — an homage to phoenix quarterback **ARIZONA CAROL**, for the non-sports inclined — a number of NFL teams follow suit in 2014, using songs written by bands with strong Vermont ties to pump up their crowds.

In Minnesota, the Vikings are **GOING** to introduce the violent-drum team. In San Francisco, the 49ers will **RECEIVE** the **THE MOUNTAINS** "Sweet Hands" every time receiver **MICHAEL CARTER** — a player famous for his incredible hands

— catches a touchdown pass. Across the bay in Oakland's Black Hills, **WILD COUNTRY** becomes the anthem for the especially crazy set of Russian fans — and her song "Racing for Stanley" is used in a mix of general NFL marketing campaigns. **ANDY "LOU-BIRD" WILLIAMS**'s "Spies at Work" and **WINGS** and **FLY** becomes a hit at Philadelphia Eagles games — and at Francigen's Pub on College Street in Burlington every Stanley afternoon.

In a related story, during Super Bowl week in New York City, Williams is seen at a party with **Phish** on the Red Light Band cruise ship. In a shocking development, the normally down-out star **QB** fobs a drag too many days before the game and is not allowed to play. Seattle goes on to lose the Super Bowl to the Denver Broncos, 34-7. Williams never returns to football and spends the next five years following **Phish**.

The trend of local bands performing at live tribute shows continues, growing exponentially in popularity with Queens City audiences. By July, it's discovered that Burlington bands have covered every single album in existence, threatening to throw the entire scene into chaos when bands are forced to

play their own music again and once again crowds dry up to a few tribute acts levels — sure for **THE LIONS**, who still manages to go to every show in town, despite all generally accepted laws of physics.

In a twist of marketing brilliance, **www.hi.ch.vendmusic.com** for their new album "Sweet A Tribute to Seville." The show is moved from Radio Room to the Higher Ground Ballroom, where the band plays a three-night run to accommodate the massive crowds. By tricking audiences into thinking they are watching a tribute act, Seville becomes the city's most popular band, just edging out another beloved local group, **WINE WINE**.

Following the unexpected success of his new lamp shop, **an unknown** keeps the remaining storefronts and apartments in the North Winooski Avenue building that houses the lamp shop, Radio Room and **(Dinner) (Dinner)**. Filled with galleries, bars and stages, the building eventually becomes an enormous adult playground that locals refer to as "Andersonville."

Waking **Wonders 5** in Winooski becomes the highest growing music festival in Vermont, out-drawing even the Burlington Discover Jazz Festival. But that **BDJF** organizers are upset, having enjoyed one of their best years to date — perhaps in part to get another provocative **BDJF** tagline: "OK, so not gay. You'll see what just really is."

WWF's success is due to the irony of using a city's entire downtown area as a concert venue, which attracts international press and the interest of major radio acts, many of which are on the bill for a landmark, festival-closing concert held in the park's parking at the center of the city's redevelopment.

Finally, following the success of the first Andy Williams Day, August 30 is declared an annual, citywide holiday in Burlington. On that day every year, street-closing is made legal in all public spaces — as is smoking weed — unofficially anyway — and amazing concerts take place all along Church Street, culminating in a massive **DB** battle at the end of the day. In front

SARAH/STYLING: WOLF

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REVIEW *this*



Pete Sutherland with the Young Tradition Vermont Singers, *Farmland: The School Songs Project*

(PINE RECORDINGS LLC)

After more than four decades spent making music with everyone from the Arm and Hammer String Band to the Clayfoot Strummers, Vermont folk musician Pete Sutherland has given us a bona fide musical gem on his new CD, *Farmland: The School Songs Project*. In addition to years of playing and producing acoustic music, hither and yon, Sutherland has spent many fruitful hours teaching songwriting workshops and making folk music more accessible for youngsters. Collaborating with the Young Tradition Vermont Singers, Sutherland has distilled his talent for writing catchy songs about Vermont and his genius for inspiring young musicians into a collection of 10 originals. They could provide the core of outstanding elementary school music classes. ^{4.5}

There would be a lot to learn in those classes. Who knew that Montpelier — Sutherland's hometown — had a thriving industry in the mid-20th century of mining kaolin, aka china clay, a fine-grained white clay used for everything from whitening paper to formulating Kiehl's? Or that Washington, Vt. — just south of Barre on Route 100 — was visited by a tornado in May 2009? Or that Richard Gots, a relative of one of the kids in a Sutherland songwriting class, was saved

from going over Niagara Falls when his wedding ring miraculously caught on a nail? ^{4.5}

A wealth of afternoon and late facts keep coming to the songs on this collection, infused with the wonder and enchantment of the kids who worked with Sutherland to make them.

The cherry on top of this musical wonder would be the CD's title track and "Pepper Koni," two songs that glorify and celebrate the diminishing population of farmers and others in a rural Vermont. "The songs are poignant, graced with Sutherland's minimalist accompaniment on guitar, harp or mandolin and the kids singing along on some of the refrains. This lovely collection is already a shoe-in for my vote as one of the very best Vermont recordings of 2004.

Pete Sutherland and members of Young Tradition Vermont will perform at All Souls Lutheran Gathering in Shelburne on Saturday, January 16. All proceeds from the sale of *Farmland* will go toward the costs of the group's music-oriented trip to Northumberland later this year.

ROBERT REYNOLDS

SCAN THIS PAGE WITH IMAHO
TO LISTEN TO TRACKS



Matteo Palmer, *Out of Nothing*

(SELF-RELEASED; CD: CRYSTAL COMPOSITIONS)

You could be forgiven if you've never heard of 6-year-old guitarist Matteo Palmer. Outside of his classroom at Vergennes Union High School, few have. Well, aside from Will Ackerman, that is.

Ackerman is the founder of Windham Hill Records, otherwise known as the most influential new-age record label on the planet. When he was a VUHS sophomore, Palmer, now 12, reached out to Ackerman. Open House. Ackerman agreed to play. At the show, he heard Palmer perform for the first time and presumably had the same reaction that anyone will who listens to the kid's recently released debut album, *Out of Nothing*. To paraphrase: holy shit.

The next day, Ackerman approached Palmer about mentoring the teenager through the recording process. As something of a guitar acoustics and new-age music, Ackerman is constantly approached by musicians seeking his guidance. For him to seek out



Palmer speaks volumes about the young musician's talent. And the album says everything else.

Through 50 minutes and 11 immediately crafted instrumental compositions, Palmer's near virtuosic skill is on display. If you can find a new note, a clean or filthy, you have better ears than mine — or Ackerman's.

Palmer plays with equal measures of elegance and energy, delivering fluid melody lines and harmonizing rich, persuasive phrases that are charming on a technical level.

But virtuosity can be its own worst enemy sometimes. To that point, what is most remarkable about Matteo Palmer is his maturity. Whether a result of Ackerman's teaching or his own maturity, Palmer performs with a sense of humility and grace that might be the envy of many players two and three times his age. His style is delicate and precise, his tone pure and beautiful. Every note he plays, every tap of the fret board, every bend of a string, every straggling harmonic, is employed only in service to his ethereal and evocative compositions. The result is a rich tapestry of sound that's both soothing and thrilling, and so affirming that it signals the arrival of a brilliant young Vermont talent.

Out of Nothing by Matteo Palmer is available at a charity sale. Palmer plays Radio House in Burlington on Friday, January 17.

DAH ROLLES



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Built to Thrill

"Observing Vermont Architecture," Middlebury College Museum of Art

Say the words "Vermont" and "architecture" together, and the image of a barn—say, Woodstock's Round Barn—may spring to mind. But what about the Canal Street School in Brattleboro, an elegant house with work from 1882 by McKim, Mead & White, who would complete their masterpiece, Manhattan's old Penn Station, 18 years later? Or House 11 in Marshfield (1979), one of Peter Eisenman's first attempts at an ongoing architectural deconstruction?

Vermont is home to fine buildings of every major American style and era, and that is one of the pleasing insights of "Observing Vermont Architecture," currently on view at Middlebury College Museum of Art. The modestly scaled exhibit includes 20 framed black-and-white photos (only three feature barns) and a digital slideshow of 168 more notable examples of architecture around the state.

The place is a real revelation if you look at it closely," said Salisbury resident Glenn Andres in the featured text. Andres is not one might expect from a Middlebury professor of the history of art and architecture. Andres and his longtime collaborator, Calais-based photographer Curtis B. Johnson, jointly created the exhibit.

The show is a snap selection from a book project Andres and Johnson have been working on for 20 years: *Buildings of Vermont*. The groundbreaking to me, denuding the signifi-cance of 643 photographic examples of architecture statewide, is the coming from the vantage of Virginia Pross as part of the *Buildings of the United States* series.

Both men have deep knowledge of local and general architectural history. Johnson, now a full-time photographer, was an historical historian at the Vermont Division for Historic Preservation from 2003 to 2005, during which time he edited books on the historic architecture of Addison and Rutland counties. Andres has served since 1985 on the Vermont Advisory Council on Historic Preservation—the government-appointed body that recommends properties for the National Register of Historic Places.



More immediate heart of Henry's Island

At left, Crowell Library at Middlebury College

Photograph by Curtis B. Johnson

Johnson and Andres probably knew more about Vermont's built heritage than anyone. They started with the 40,000 odd structures listed in the

state and federal

historical registers, selected 900

through an ongoing culling process,

then more farred to cut that number by nearly a third when UVA took over the series from Oxford University Press and introduced a new format. The final choice was required to cover "every period and genre and every part of the state," Andres said.

For the first smaller exhibit, the men followed similar guidelines. A large, centrally located map of the state marked with each building's location shows a fairly even distribution of subjects. The framed photos are arranged in roughly chronological groupings of two or three buildings. These began with Bucking-ham's intricately carved greenwood meetinghouse, built between 1787 and 1806 by John Puffer, and with Bennington College's Cassatt Library, an International Style award winner from 1958 designed by Pierre Salicki, then dean of the Massachusetts Institute of Technology.

Some of the selections are remarkable, such as Anne & Young's 1838 classical farmhouse in Montpelier and the 1855 Renaissance gem that is Henry Hobson Richardson's Bellows Falls Library at the University of Vermont—two buildings widely viewed as the state's most significant. Another astonishing inclusion is Sirs' Oak's Town House, a white stucco beauty completed in 1801 whose very presence makes it worth a drive to Green Vermont.

The "loopy" slideshow, with non-chronological categories such as "beamed and one side hand buildings" and "load-bearing," does hold surprises. One such gem is a small, one-story wooden house, 1957 postmodern facility in Rockingham, designed by Joseph Grunstein of the sustainability-oriented firm Line Space Architects here in Wilmington.

On the exhibit's opening day, Johnson explained his methodology. Architects' photography is an art in itself, and his crisp, clearly cropped shots are

REVIEW

CENTRAL VERMONT & FIFTY

HEALING ARTS FOR WOMEN COHORT: The monthly support group is open to women who have suffered from trauma at any time. The members, Jenny Johnston, Laurie Nelson, Tracy Renshaw, and Anne Smith-Rose, share artwork in a variety of media. Through February 28 at Regional Museum Library in South Royalton. 802-763-0204.

HOLIDAY SHOW: Small works by artist members in a variety of mediums on media. Through January 31 at Two Rivers Photography Studio in White River Junction. 802-233-3803.

IMPROVING THE INTERIOR: Compiling photographs from state and federal inventories (1935 and 1975) the Landscape Change Program at the University of Vermont produced this exhibit, which aims to educate the Vermont small-town landscape highway system through historical education and education. Through April 28 at Vermont History Museum in Montpelier. 802-476-0300.

"JULIE AND WINTER SNOW": The annual exhibit members show their winter works by this and Southern Lucia Miller, Jessica Brown, Kristin Kemp, and Michael. June 15 Through April 28 at Green Gallery in Montpelier. 802-233-0202.

JAMES WALSH: "Art and Politics" describes a month's record by the artist in reflection of a seven-day walk about land in Vermont. Through January 31 at Contemporary Space & Place Studio in Montpelier. 802-233-0202.

JOHN HOFFMANN: Colored watercolor impressions paint impressionist and landscapes of birds. Through February 28 at Chandler Gallery in Randolph. 802-726-0678.

KATE BEAVER: My Winter World watercolor explores the artist's passion for winter in Vermont and the artist's technique of creating small-scale and large-scale works. Through February 12 at Northern Vermont Public Library in Woodstock. 802-457-0235.

MURRAY WARD: "Telling Stories" a collection of watercolor images by the landscape painter, painter, and self-described "landscape artist" in conjunction with a recording of the artist's January 2009 through February 12 at the New York State Center Museum in Albany. 802-233-0202.

SHARON LANDSCAPE: Sun, Wind, and Rain Watercolor photography and multimedia landscapes. Through January 28 at Green Gallery in Montpelier. 802-233-0202.



Joan Hoffmann

South Royalton artist Joan Hoffmann's cheerfully impressionistic, color-saturated oil and watercolor "adventure paintings" of birds and open landscapes seem to draw equally from her background in bold Asian brushwork and her enthusiasm for painting on glass art. "I am integrally connected to the landscape by painting, searching and preserving the wild places I explore," the painter and educator writes on her website. "The Chandler Downstairs Gallery in Randolph is exhibiting a collection of Hoffmann's paintings through February 18 and will hold a reception on February 8. Hoffmann, who has taught painting classes around the country, will give an informal lecture on the history of American landscape painting, Postcard, "Covered bridge."



John Bisbee: New Blooms

On view January 18 - May 26

New work by John Bisbee: The Maine sculptor transforms everyday metal into works of art by rivet-pulsing individual spikes and welding them for the finished form. Reception with the artist, Friday, Jan. 17, 7-9 pm, Pozzagli Center for Art and Education.

New flower-plate possible by a gift from
Baker and Thelma Plummer

ARTS AND CRAFTS IN VERMONT



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ART FOR THE REAL. Take it your original work, prints, drawings, posters or photographs with 150 by 150 by February 15, 2014 entry and deadline at artforthereal.com. 323-5023

ARTS WALK ARTISTS WANTED The Montpelier Arts Walk is an art walk for the 2014 season. Submit Friday, May through December 5 to www.montpelierarts.com

CALLING ALL CRAFTERS Do you have an original project, sculpture, jewelry, tapestries, ceramics, unexposed paper, paintings, or items in fabric or unusual items. Take it out and let them be showcased. We'll promote it on our website and in our newsletter. We'll also have a booth for you at the Vermont State Fair. Submit by January 23, 2014 to www.vermontstatefair.com

GALLERY BY CALL TO ARTISTS Gallery is a Vermont gallery in Canaan, VT. We are looking for artists to exhibit and represent. No credit or portfolio needed to be represented. www.calltoartists.com

KIDPROOF Make Day Art Center Shows Open call to artists and artists for the 23rd Annual Vermont Children's Art Show. Submit by January 23, 2014 to www.kidproof.com

MAINT ATTACH- A VENTURE'S LIBRARY AT SPACE Gallery Bring us your past and future. Artists will be considered in this Vermont-based exhibit of art and text. Submit by 10:00 pm on the last day of the exhibit. We'll promote it on our website and in our newsletter. We'll also have a booth for you at the Vermont State Fair. Submit by January 23, 2014 to www.vermontstatefair.com

THE ARTS CENTER Offer Vermont is devoted to its local, unique artists. This show opens at 10:00 am. That show, artists' idea. Show us the best of your work, the pieces you have left in your closet. Submit by January 23, 2014 to www.vermontstatefair.com

SOMETHING TO CELEBRATE: A notable artist in Vermont. Out of Vermont, many by Vermont. Submit by January 23, 2014 to www.vermontstatefair.com

TOM HERMAN is a Vermont artist and writer. Submit by January 23, 2014 to www.vermontstatefair.com

champion calling

FULL HOUSE An art is a work of art. Submit by January 23, 2014 to www.vermontstatefair.com

BEVERLY NEW ENGLAND Beverly, Vermont artist and writer. Submit by January 23, 2014 to www.vermontstatefair.com

VERMONT ARTISTS WALK AT VERMONT STATE FAIR Submit by January 23, 2014 to www.vermontstatefair.com

WUTIMELY ARTSPECT 2014 is the 2014 art walk for the Vermont State Fair. Submit by January 23, 2014 to www.vermontstatefair.com

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What's Up

Jazz

Wednesday - Ray Vega Quartet/8PM

Friday - DJ Disco Phantom/9PM

Monday - Trivia/7PM

January 25th - Vermont's Funniest Comedian Showcase, \$5 at the door/ 8pm

February 1st - Farmer's Dinner, \$55 per person by reservation/6:30pm

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Paul Bower

Paul Bowen Sculptor Paul Bowen grew up in a beach town in Wales and brought his love of the sea with him to this side of the pond. For 20 years he has been combing the shores of Cape Cod for driftwood and other scavenged materials to use in his intricate abstract sculptures, giving new form to washed-up debris that might have come from ships, mammals or humans. Now headquartered in the Green Mountains and teaching at Dartmouth College, Bowen has taken his affinity for "washed wood art" inland. "Sculpture: 1975-2014," at the Castleton Downtown Gallery in Rutland, exhibits old and new works. Since coming to Vermont, Bowen's style has evolved rather than shifted radically — he still tends to favor circles of unfinished wood, punctuated by planks or fibers on horizontal shelves, these sometimes overflowing with stacks of marble and boughs of branches, or speckled with ash. Bowen's precise sense of geometry and rough materials are as evocative combinations; the sculptures are open to interpretation, but you can feel where they came from. Through February 15. Pictured: "Kedge."

TRAINING AND VALUING TEACHERS' WORK

northern

ANN VOLUME News and meetings. Through January 2002 of *Neuroscience*. To be published in 2002. 500 pp.

EVIL UNBENT Buckle up at the Rainbow Café Co.'s photographic take at a prison in Denver, Kan., along with audio interviews by Lane and long shadows of the most violent crimes. Through March 14 at River Arts Center in Minneapolis. July, \$10. (202)

KELLY WOLF "When I closed my eyes, abstract paintings." Through March 6 at Silver Arts Center in Murfreesboro. Info: 615/292-1262.

DOI: 10.1002/vlm.20071

IDEALITY involves a combination of aspects of free speech, critical thinking, and creative thinking. Students create and defend their own ideas, take action, and work together to solve problems. They are encouraged to think, act, and speak for themselves. They are encouraged to think, act, and speak for themselves. They are encouraged to think, act, and speak for themselves.

LIBRARIANSHIP "The 30 Project," 30 place-art watercolor paintings produced by the local artist over a year in celebration of her 30th birthday. January 10th through February 23rd at Center A, 6000 E. University, Suite 100, Little Rock, AR 72205. 501-782-2222.

SCOTT KUTNER "Scout and Genders" on MTV exhibited past yrs. January 30 through February 8 at Julie Sauls Memorial Gallery, Jefferson State College. Info: 435-1445

LEAH K. Several art literature novel painting photography sculptures exhibited by her from February 10 at 1000 1/2 Broadway, Mary Anne Brown Box, New York Museum of Contemporary Art

Thurston and Mander Roberts: Through January 31 at 98 Gallery and Creative in Newport, Ind. 329-5024

TEME WILSON & DOUG WILSON: Photography and watercolor and oil paintings, respectively. Through January 28 at Westford Public Library, 100 Main, 43134.

WILLIAM S. HOYT Realizations* and the
paintings Through February 25 at Lower Mountain
Fire Art-Gallery in Glenwood, only 250 1454

PAT HUDGEC "Our People Home" sculptures and earth projects help us by the standard methods have used to describe seeing the Earth from space. Through January 20 at Kravis Arts Museum & Art Center Info 703 0534

SARAH FIELD "Greek Geometry" with the Horner printmaker Through March 5 at SculptureCenter Museum 8, 8th Avenue, Suite 207 DSM



Abbie Bowker If the past few weeks' ice and rain dampened your affection for Vermont's wintery landscape, a trip to see Abbie Bowker's original prints at the Snowell Library in Rouses Junction might be the right antidote. Inspired by the Robert Louis Stevenson poem of the same name ("Black are my steps on silver sod/ Thick blows my frosty breath abroad/ And tree and house, and hill and lake/ Are frosted like a wedding cake"), the exhibit "Winter-Time" features new and old still-screen prints from the local artist, whose Vermont roots provide the muse for a veritable body of landscape work. Though all that frost and silver and could feel like overkill in mid-January, Bowker's richly textured prints and fine eye for detail might inspire guffa-ygoers to look around with new eyes. "Winter-Time" is on view through January 29. Pictured: "Sibbs's Trees."

performed

JANE DE BARROUET A powerful canon of contemporary paintings by the French American painter is on view through March 10 at the Museum of Fine Arts. July 100 300 4000

SPINNING A WHEEL: ART AND MUSIC FROM THE SERIALS TO THE SERIALS IN THE An exhibit featuring approximately 100 paintings, prints, and drawings, including a collection of black and white photographs and prints, including the first edition of "The House of the Future" by the artist. Through January 10 at the Museum of Fine Arts. July 100 300 4000

WINTER SELECTIONS Work by current artists in a series of exhibitions, including a series of paintings, photography, printmaking, and sculpture. Through January 20 at the Museum of Fine Arts. July 100 300 4000



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movies

SCAN THIS PAGE
WITH THE LAYAR APP
TO WATCH MOVIE TRAILERS

Lone Survivor ★★★★★

Regular readers will recall that I've found it fun on occasion to play a little game called "What If They'd Had a Caliphate?" So many nerve catastrophes could have been avoided had the step taken place in the yet silent connection.

Today, we're playing "What If? he'd Had a Cellphone and a Satellite Radio as an Unexcused Excuse, Not to Mention the Technological Advantages of the Biggest, Richest, Most Powerful Military the World Has Ever Seen?" Certainly all that would save the day, whatever sort of trouble might pop up.

And, the time it's not again, and with the day isn't over. Love, however the true story of a Navy SEAL mission gone horribly wrong in the mountains of Afghanistan. Think *Zero Dark Thirty* minus the happy ending. Director Peter Berg (*The Expendables*) has adapted Marcus Luttrell's 2007 memoir *Going Dark* about the SEALs that were dropped in Afghanistan.

As the film retells the events, in June of 2008 four soldiers are dropped into a remote patch of the Hindu Kush range with orders to capture or kill a Taliban strongman. The SEAL Team 10 members are Lt. Michael Murphy (Tyronne Kitch), Gunnar's Niece

Tony F. Dietz (Emile Hirsch), owner technician; Matthew Anderson (Jon Foster) and Laurell (Nick Wilder), a snipes. The four arrive safely, but winding up on the right place is the last thing that goes according to plan.

Glitch one: Mountains black the radio signal. Glitch two: No sooner have they bailed higher in the hope of getting a better look at the village below (success) and a better signal (no luck) than they're drawn off by three more ho-hummers.

The herdsmen carry a military-style walking stick, so it's a crash the y've Tabliss. But they're also concerned, as the sales of a signpost read: say the SIALS must let them go. "I know," says Amhar. "And I don't care." Because he also knows that, if they do, enemy troops from the village will descend on them from all sides. Minutemen, maybe. Give the order to face the herdsmen. So much for the peace.

What follows is the most brutally honest, unadorningly intense and grippingly choreographed depiction of a lapsed 8-year-old since 2005's *Black Hawk Down*. Gurnahweil, at the mercy of opponents who know the terrain and unable to call for help until it's almost too late, the few SEALs (showing authentic levels of commitment, re-



WEDDING STATEMENT Being a witness, often an affecting testimony to the G.I.'s and sailors in their job and more important and by far more and how

They customarily not only fly but stay positive.

In the end, this isn't a potpourri concerned with politics or patriotism or polemics, but with the kind that battle to know its form and with the level of endurance and compassion humans are capable of showing. "When I see this, we are useful than young to capture like Richard Henry Lee," says Rhin observed in his review of *Black Horse Down*. "They help ourselves understand and sympathy with the animals speaks us of conflict. Despite instead of turning into the words are themselves in."

I believe Kiaré would have felt similarly about *Boyz n the City*. It's that good. Every editorial decision and every performance honors the actions of these men. There's

never realized, and watching them can hardly be described as a stultifying

Another thing Louis Ransome can hardly be described as is a "Bible-knatchy fundamentalist"—as, incredibly, it has been so mislabeled that should know better. Calum Marsh of the *Athletic*, for example, called in "prejudicialist" and "almost preposterous in its incoherence" "I haven't got a clue where Marsh's professed acts lie when it comes to pain, but I can say one thing with certainty: Watford's more." The last thing you're going to find among the prospect of being in these men's boots.

● 仁德 宋王曾撰四庫全書

Her ★★★★★

We've changed in the past decade in ways we don't fully comprehend. More and more, of us think not more modestly, but the way internet portals we carry everywhere than we do with people. Yet it's a change that most movies have so far failed to acknowledge, because people who stare at screens are inherently undramatic. Dramatic: *Income*.

That chimes with Aie, a movie that feels like an elegy, a love story, a dark poem of embracing—and an evocation of human potential all at once. What Spike Jonze's latest does not feel like, despite its war, is a warily conscious about a long bygone world that sits in line with a more advanced version of Aie. If you're looking for a blanket condemnation of computer culture and an exhortation to start connecting with real people, demand, you're likewise out of luck. Jonze's war is. Return Aie, which he wrote as well as directed, requires you to draw your own conclusions.

Jeopardy! Phelan plays Theodore Tumbally, a resident of a steamhead, dig after tomorrow. Los Angeles who has a job writing: often people's love letters. Like a high-tech Cyrano de Bergerac, he finds the words they can't express their a, when Yet his romance with the modified Catherine (Katie MacLaren) is called in *discreet*.



陳嘉庚的「嘉庚」Chengka takes a romantic meaning with his g. friend -
Lianlian has been passed on to his son as well. Little

The online tools and a new operating system created — as a leap forward to artificial intelligence. Like his old OS, it talks to him. Unlike his old OS, it talks like a person — a *she* (named by a child, Johanna) who goes completely nuts when Yushmanin, and starts to tell him about the messiness of his life.

At last, *Stomach* is merely a funny God Friday — a super-intelligent, very valued being — devoted to satisfying The owner's every whim. As he inevitably falls for her, the audience wishes for the revelation that Theodore is being led. It's all just brilliant, misbegotten programming.

Samantha does indeed turn out to be too good to be true — how could she not! — but not in the ways we expect. Farther than that, Samantha is a metaphor as a tool to teach. Therefore, a lesson *James* takes home most seriously, imagining how software that learns like a person might approach life and love.

Sometimes, as in *Shant*, a good character — as voiced in The Indus's best human friend Dany Adharal, whose subplot is, as a side note, a tale on human-OR relationships. *Tulsi* may not have as much to work with, but her performance in the real deal, an unscripted

perennial as the most common. One species

It's Phoebe, however, who must keep the audience riveted as the camera lingers on her face during conversations with her menagerie of lovers. Her skillful maneuvering man-to-man—firstly, twice by a man long overruled by his female overlord—serves as the real

With that face and Johnson's voice, Jones has solved the actress-as-hostess problem. When The *olive* returns to outside (into a world where most guests are glad to be their own scenery), the film takes on the saturated, nostalgic quality beloved by Instagram users. *Struck Five* is music to movie-theatre ears because that we're going to a physical world in the process of becoming obsolete — or perhaps just secondarily to the language of images and noise.

And yet, ironically, it's Samantha who emerges "Thirteen to get out and experience that would sit in on corporate liekies" (He shows it to her through his phone's camera). Many movies have asked "What happened to the marriage while one?" They've never suggested that the "unknown" could be more of a *relationship* side emotional dependence on the dreamer that organizes one's life. She could serve as a *conscious* prelude to *The Matrix* to *The Terminator* series. *World War Z*, though it is a horror, is a movie we can't yet imagine

1946年6月27日 14日 星期日

MOVIECLIPPING #12

PARANORMAL ACTIVITY: THE MISSING LINK In the 18th installment of the horror franchise, a photo-sensitized paper doll is sent through a portal to a dimension with a curse for a charge. Andrew Jacobs and Holly Elginson star. Directed by David Green (30 min, unrated PG)

PHILADELPHIA (1993) The Oscar® winner directed the first filmed drama about acquired immunodeficiency syndrome (AIDS). Directed by Jonathan Demme (140 min, unrated R)

SAVING MR. BANKS (2013) Emma Thompson plays Mary Poppins, author P.L. Trueman has custody issues about his ex-wife's death. Directed by John Lee Hancock. Tim Allen plays Disney from behind (100 min, PG)

THE SECRET LIFE OF WALTER MITCHELL (2013) Billy plays James Mitchell, a bit of a misanthrope who misses a job on a train. Directed by John Dahl. Supporting roles: Peter Onorati, John Lee Hancock (100 min, unrated PG)

THE WOLF OF WALL STREET (2013) Leonardo DiCaprio plays Jordan Belfort, a former hedge fund manager who goes to jail for fraud. Directed by Oliver Stone. Supporting roles: Matt Damon, DiCaprio (150 min, unrated R)

NEW ON VIDEO

JOHN F. FROM AFRICA (2013) A documentary about the life of John F. Kennedy. Directed by John F. Kennedy (100 min, unrated PG)

CAMERON (2013) A documentary about the life of James Cameron. Directed by James Cameron (100 min, unrated PG)

MOVIES YOU MISSED & MORE

BY MARGOT HARRISON



Blackfish

Scientists call it doc. Native Americans call it Blackfish. Blackfish calls it horror.

Based on George Hays' book, this short documentary argues that we should treat the killer whale with more respect. The

ENGLISH GARDEN (2013) A memoir about a woman who lived in the city of London. Directed by David Green (30 min, unrated PG)

FRUITFUL STATION (2013) A documentary about the life of a woman who lived in the city of London. Directed by David Green (30 min, unrated PG)

THE SILENT STATION (2013) A documentary about the life of a woman who lived in the city of London. Directed by David Green (30 min, unrated PG)

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First Things First

A Pakistan International Airlines flight was preparing for an on-time departure from the Lahore airport in New York City when the pilot learned that the airline's cost-cutting policy limited the in-flight meals to permits, chips and cookies. He demanded "sandwiches at any cost," even though the catering departments informed him they had to come from a five-star hotel in town and that getting them would take more than two hours. The pilot refused. The sandwichers finally arrived, and the flight took off two and a half hours late. PIA official Mubhammad Tahir said the airline considered the delay "serious" and intended taking action "against those responsible for it." (ABC News)

Slightest Provocations

Helene Ann Williams, 44, stabbed a man with a ceramic square when he returned home without her because the stores were closed, according to sheriff's deputies in North Charleston, S.C. (Associated Press)

Police arrested Dana Allen, 40, for assaulting her neighbor during an ongoing argument over a doorman at their apartment complex in Des Moines, Iowa. The victim said the doorman belongs to her, but Allen kept moving it to her own door. (Des Moines Register)

Anti-Plotation Device

A new submarine built for the Spanish navy turned out to be too heavy and sank when launched. Officials said that the 233-foot basic-class Perla, costing 1.9 billion pounds, was at least 75 tons overweight. Officials indicated that correcting the problem would take two years. (Boston's Daily Telegraph)

**SEATTLE POLICE ARRESTED
DYDELL COLEMAN FOR
having sex with a
sandwich-shop window.**

Spoken English

During a presentation about proposed traffic improvements in Albuquerque, N.M., project lead engineer Jim Harrison was discussing building a traffic circle when he referred to the "space" of cars that would form waiting to enter the circle. "This is Antonio's," a woman in the audience yelled. "We don't say 'space' in America. We say 'lane.' We stand in a line, we wait in line. We do not space." Harrison subsequently abandoned the word "space" for the remainder of the meeting, although no one objected to repeated use of the British term "roundabout." (Albuquerque Journal)

Next Step: Uniforms

After reviewing 100,000 video applications, the Dutch nonprofit Mars One advanced two and its goal of finding 40 volunteers in a one-year trip to the Red Planet in 2025 by narrowing the field of applicants to 1,038. The initial cut surprised "those who we feel are physically and mentally adept to become human colonizers on Mars from those who are obviously taking the mission with much less seriousness," Mars One cofounder Bas Landsburg said, including "a couple of applicants" whose videos showed them in the nude. (ABC News)

Solution Regrets New Problem

E-cigarettes are causing flat tires because smokers are throwing spent smokes on car tires and on lawns, as if they were cigarette butts. "We have seen usually one or two a week puncturing the tire," said Tony Dzwilid, manager of Belle Tire in Bay City, Mich. "They're made out of metal, so when they slash a tire, they usually leave a pretty big gash in it." Dzwilid pointed out that the puncture usually is too big to repair, requiring victims of "a horrible nightmare to buy new tires" (9to5 WASH. TV)

We Have a Wiener

Police arrested Debra Waters after he ran through a bongo hall in Louisville, Ky., with his pants down yelling "Bingo!" Officers noted that Waters appeared intoxicated but didn't con-

fess whether he actually had a Bingo. (Cleveland Press International)

Transparent Relationship

Seattle police arrested Lydell Coleman, 40, for having sex with a sandwich-shop window. According to charging papers, which reported the accounts of two women witnesses, after dropping his pants and snuggling himself against the cold glass at Sub Shop, "Coleman was observed making sexual contact on the glass window." But when he was arrested, he was charged with "lewdness" and "rubbing his pants against the window." (Seattle Times)

Suspicion Confirmed

Researchers who examined 18 studies of links between sugar-sweetened soft drinks and obesity found that 10 of the 17 studies claiming no connection to the soft drink industry were led by that industry's shills. Five of the six that reported increasing links from Coca-Cola, PepsiCo and the American Beverage Association omitted three very significant evidence for a connection. "I wouldn't say that industry participation alone is enough to dismiss the study's results in the whole of nutrition research," lead author Maria Ben-Said of Spain's University of Navarra said, "but..." (U.S. News & World Report)

BISS by Harry Bliss



"don't look at me, you're the one who brought in the newspaper."

tEDr All



RED MEAT

Discomfort Food

From the secret files of
MAX CANNON

Okay, I'd say that's enough for a little park for one day. Why don't you go and retrieve our 'fobos' before we go?

No way, Bobbie! It's not a fobos. That's not an old park for us. You didn't want to pay for a real fobos.

No time for longer waiting. That old man might only be an old man, but we'd best not take any chances.

So we're taking an ambulance?

No! Good one, Ben. You go start the car while I go right down that for for profits.



HEART & BOND

THE NEST

PUGH! I'M AN ALIEN!

JEFFERY STOP PLAYING WITH YOUR FOOD

THIS MODERN WORLD

by TOM TOMORROW

WELL, I'M DELIGHTED TO MEET YOU, DAVID ARNOLD!

WHEN I WAS YOUNGER, I USED TO HAVE A LITTLE REEFER--

--BUT I BARE OUT OF THAT! AND NOW, I FIND THE NEW, TANGY, NATURAL BUSTAPROF!

WORLD IS NOT A REEFER, DAVID ARNOLD!

WELL, OUR TWO LANDS DIFFER! UNLESS WE REFORMERMENT! IMPROVE WINDMILLS AND THE FOG--

--BUT SURELY WHEN LES-ALIVE, WOOD HUNTERS, A MURAL EASYLY IN WHICH IT IS A HOT HARBOR TO BE THE SORT OF REEFER MUST BE US, WE CAN TO BE--

AND DON'T THEY WANT REALLY REEFER?

WELL--ARE YOU ARNOLD? MARCH THE THROAT, GOOD SURE!

IT GETS HOT AND LIFE! AND UN-EXAMINED PRINCIPLE.

WELL--ARE YOU ARNOLD? MARCH THE THROAT, GOOD SURE!

IT GETS HOT AND LIFE! AND UN-EXAMINED PRINCIPLE.

ELF CAT

A COMIC STRIP BY
JAMES KOCHALKA
(CAPTIONED LANGUAGE OF HERBERT)

©2011



THE END?

Hookup

For groups, BDs M, and kink.
dating.sevendaysvt.com

WOMEN *hookup*

Love's a very happy ending

I am in a very happy ending relationship. I want to play with a girl and receive my orgasms. My man doesn't want to be "hooked." Though he would love to not be. www.sevendaysvt.com 24

Getting to be the man

I am a successful man and I am looking for a part-time woman who is in control of her life. She will have the time to spend in dating and making. I am in a relationship that is casual and I am looking for a relationship where looking for a woman who is in control of her life. www.sevendaysvt.com 41, 42

Not a hooker, but a hooker

I am looking for a hooker who is in control of her life. I am looking for a hooker who is in control of her life. I am looking for a hooker who is in control of her life. www.sevendaysvt.com 41, 42

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NAUGHTY LOCAL GIRLS
 WANT TO CONNECT
 WITH YOU
 1-888-420-2223
69¢

SEVEN DAYS
 Want to connect with you
 I have a hooker who is in control of her life. I am looking for a hooker who is in control of her life. I am looking for a hooker who is in control of her life. www.sevendaysvt.com 41, 42

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You're ready to love and lust

mistress maeve

Dear Mistress

I have large long labia - and I don't like them. What is the use of them during lovemaking?

*Signed,
I'm reading*

Dear Sir Reading

I have written before about the Large Labia Project - a Tumblr blog that aims to show a girl on the beauty of large and asymmetrical labia. I'm going to recommend you check it out, but be careful, because it's not safe for work! There's no "wrong" way to have labia - they come in all shapes and sizes. Some lips are petite and tuck neatly into the labia majora, while others are voluminous and protrude, especially when aroused.

As far as sexual function, there is some evidence to support that women with larger labia experience enhanced sexual pleasure. It makes sense - the larger the labia, the more nerve endings to be stimulated. And there's substantial anecdototal evidence to suggest that large labia provide enhanced sexual and tactile stimulation - plenty of erotica and pornography for admirers of larger lips.

Sadly, the internet hides a variety of self-esteem-busting information about labia. Do a search for "large labia" on Google and you'll be served ads for labia reduction and labiaplasty - a procedure to correct "irregular" labia. Heck, these medical "fixes" right up there with serious plastic surgeries: bleached teeth, hives and lip injections. You don't need 'em. Your lips are perfect as they are, and the cancer you fall in love with them, the cancer others will too.

*Love,
Mistress*

Need advice?
 email me at madness@sevendaysvt.com
 or share your own advice on my blog at www.sevendaysvt.com/things

The parties are over.
Resolutions have been broken.
But all is not lost...

2014 Resolutions

~~- SAVE MONEY~~

~~- eat healthier~~

- drink more water

- exercise

~~- get more sleep~~


~~- go to college~~

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AND SMOOTHIES

